HOW TO LOOK LESS TIRED / 3 SUPPLEMENTS EVERY MAN NEEDS / LOW & SLOW GRILLING

MEN'S JOURNAL

JULY/AUGUST 2015 Vol. 24, No. 6

GOLF'S BLEAK FUTURE
Can the Game Survive?

SUMMER'S BEST RED WINES

ESSENTIAL BEACH GEAR

HOW THE DRUG CARTELS TOOK OVER MEXICO
An Insider's Look



LIEV SCHREIBER
A TOUGH GUY COMES TO TERMS WITH HIS TROUBLED PAST

MENSJOURNAL.COM



The completely redesigned 2015 Edge Sport is here and ready to put you in life's pole position. Standard 2.7L EcoBoost® V6 and sport-tuned suspension. Available all-wheel drive. Just what you need when life throws you a curve. Or a straightaway. Go to ford.com to find out more.



THE ALL-NEW 2015 EDGE
BE UNSTOPPABLE

Ford
Go Further













GET F ATSE

Sperry, the original boat shoe. Worn by intrepid souls since 1935. Watch Hunter Hunted embark on an Odyssey to record where no band has before at **sperry.com**


OUND
A.
ODYSSEYS AWAIT
SPERRY
Since 1935
Sperry name and symbol are trademarks of SR Holdings, LLC.



WELCOME TO OUR WORLD

BREITLING JET TEAM
AMERICAN TOUR

Performance, audacity, precision: the Breitling Jet Team embodies the entire philosophy of excellence that has made Breitling the privileged partner of aviation. In 2015, the world's largest professional civilian aerobatic display team performing in jets, sets off to conquer America with a major tour featuring a string of stunning shows. To celebrate this event, Breitling has created a limited edition of the Chronomat 44 personalized in the colors of this exceptional team. Welcome to our world.

CHRONOMAT 44
BREITLING JET TEAM
AMERICAN TOUR

BREITLING.COM

BREITLING
1884

INSTRUMENTS FOR PROFESSIONALS™

VOLUME 24
NO. 6

Contents

MEN'S JOURNAL + JULY/AUGUST 2015

26
Former Steelers star Rashard Mendenhall quit the NFL to work on the new HBO series *Ballers.*



Fixing Liev Schreiber
He has a movie-star wife, great kids, and a starring role as bat-wielding thug Ray Donovan. His toughest challenge? Being happy.
BY STEPHEN RODRICK
page 62

Don Winslow's War
The fearless chronicler of chaos along the U.S.-Mexico border has written what could be the *War and Peace* of the War on Drugs.
BY ERIK HEDEGAARD
page 68

The Death of Golf
The game's terminal decline — from dried-up fairways to vacant course-side condos — and the entrepreneurs trying to save it.
BY KARL TARO GREENFELD
page 74

photograph by **PASCAL SHIRLEY**

Contents

Notebook

18 Adventure
At 71, the greatest living explorer ran across the Sahara, heart issue be damned.

24 Tribute
As a climber and BASE jumper, Dean Potter pushed boundaries and defied convention to the end.

26 Sports
Rashard Mendenhall is writing for HBO's *Ballers* about the fame, money, and vice he left behind in the NFL.

38 Books
William Finnegan recounts his surf adventures, sizing up waves — and himself — on five continents.

46 Cars
Smart design and a slew of top technology make this new BMW convertible more than a summer fling.

Health & Fitness

51 Nutrition
Stop swallowing ineffective pills. Here are the only three supplements you need to take.

Gear Lab

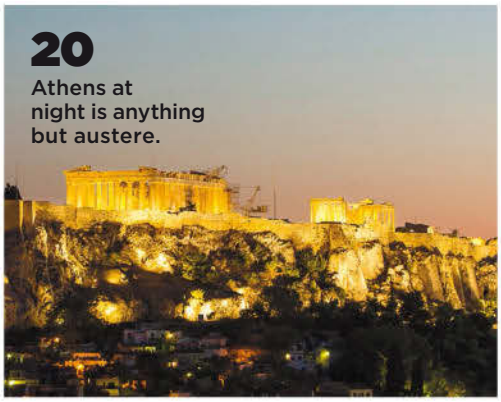
81 Beach
Gadgets that can handle sun, sand, and water, and the reinvented bodyboard you can stand up on.

86 Lawn Mowers
More power and maneuverability, plus tips from the Mets' groundskeeper to improve your yard.

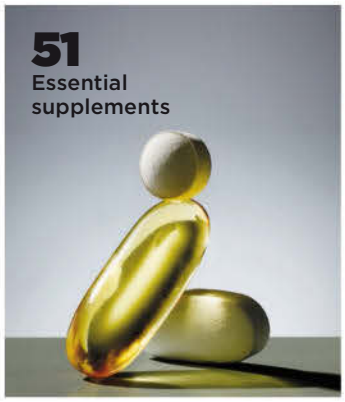
88 Entertainment
A growing number of devices that deliver content directly to your TV helps you avoid the cost of cable.

The Last Word

106 James Taylor
The folk-rock legend on addiction, the wisdom of the public, and the night in Rio that changed his life.



20
Athens at night is anything but austere.



51
Essential supplements



30
Start smoking! The best way to get fall-off-the-bone meat? Be your own pit master.

45
The deluxe affordable cruiser

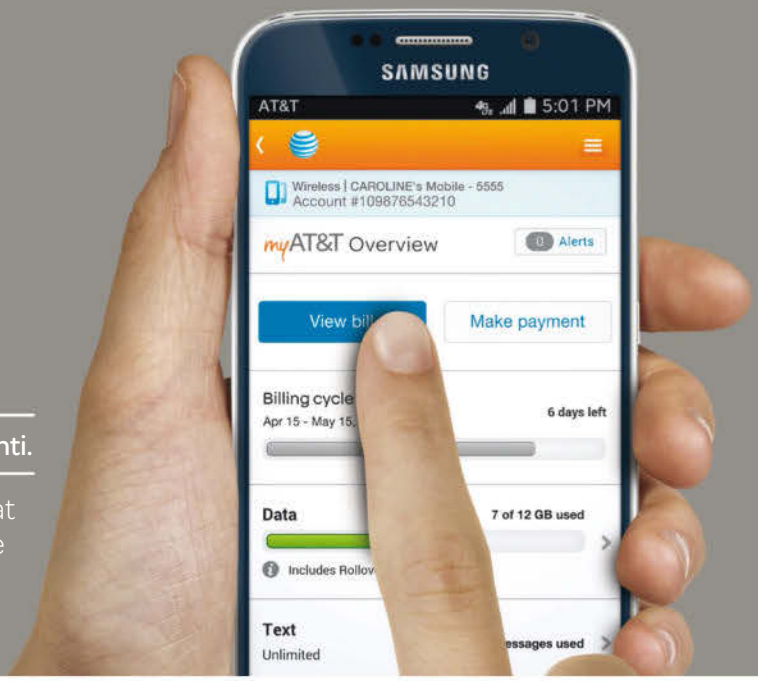


CLOCKWISE FROM TOP LEFT: JULIEN CAPMEIL; THE VOORHES; TRAVIS RATHBONE; COURTESY OF PEDALMOMENTUM.COM

ON THE COVER: Liev Schreiber photographed for *Men's Journal* by Mark Seliger on April 25, 2015, in Malibu, California. Styling by Annie Psaltiras for the Wall Group. Hair by Daniel Erdman for Solo Artists. Makeup by Fabiola for Tracey Mattingly. Schreiber wears a vintage T-shirt by Kelly Cole.

Get rewarded just for being an AT&T wireless customer.





AT&T is the only wireless carrier to be a part of Plenti.

Introducing Plenti, a new rewards program that lets you earn points at one place and use them at another.

Learn how to sign up at att.com/plenti.

MOBILIZING YOUR WORLD™

Plenti. | at&t EXXON macy's Mobil Nationwide RITE AID | Direct Energy. enterprise hulu

General Plenti Terms: Offers and promotions provided by AT&T Mobility. AT&T Mobility is participating in the Plenti rewards program and is not affiliated or in a partnership with the program's operator American Express Travel Related Services Company, Inc. or any other participants. Participating companies and offers are subject to geographic availability, location exclusions, and additional terms. Participation in Plenti is subject to the Plenti terms and conditions found at plenti.com/terms. You must finish signing up with Plenti to become a Plenti member to use your points. Participation in a transaction with AT&T for Plenti points is also subject to AT&T's terms found at att.com/plentiinfo. Reproduction or transfer of an offer constitutes fraud. **Linking:** To earn Plenti points, an authorized user must link an active Plenti card account number to a registered myAT&T consumer postpaid wireless account. **Using Points:** Cannot currently use points at all partners or locations, including AT&T. **Points:** Have no cash value and are credited to your Plenti account within 45 days. Points expire after two years. **The terms, restrictions, and options of AT&T offers, AT&T's participation in Plenti, other Plenti partners, offers, and restrictions, and the ability to earn and to use points with AT&T in connection with Plenti may be changed, discontinued, or terminated at any time without notice.** Screen images simulated. ©2015 AT&T Intellectual Property. All rights reserved. AT&T, the Globe logo and Mobilizing Your World, and other marks are trademarks of AT&T Intellectual Property. All other marks are the property of their respective owners.

El sitio Plenti, la información, los términos y todas las declaraciones están disponibles en inglés solamente.

MensJournal.com



TRAVEL

Epic Island Adventures

"When you step onto the right island, you are struck by a sense of adventure — and isolation. The more remote the better." —STEVE WEAVER, WHO LEADS SCUBA TOURS ON WAKATOBI, INDONESIA

FOOD

Looking for grill inspiration? MensJournal.com has more than 100 barbecue tips and recipes like this:

THE AUSSIE BURGER

- 4-oz beef patty, grilled
- 1 slice cheddar cheese
- 2 slices cooked bacon
- Caramelized onions
- 1 egg, sunny-side up
- 1 slice grilled pineapple

Place ingredients on a bun; heat in 350° oven for 2 minutes. Top with:

- 1 slice beet, 1 slice tomato, romaine lettuce

GEAR LAB

What We're Testing

Cannondale Synapse Carbon Ultegra Di2 Disc



This $4,870 do-it-all road bike is light, comfortable, and fast. Electronic shifting and disc brakes give it insane stopping power.

ON INSTAGRAM

Adventure photographer Chris Burkard captures pro climber Ben Moon trying his hand at Chain Reaction, a challenging piece of rock at Smith Rock State Park, near Bend, Oregon.



WENNER MEDIA 1290 Avenue of the Americas, New York, NY 10104-0298 1-800-677-6367 mensjournal.com **PRINTED IN THE UNITED STATES** Copyright © 2015 by Men's Journal LLC. All Rights Reserved. Reproduction in whole or in part without permission is prohibited. Men's Journal® is a registered trademark of Men's Journal LLC.

MEN'S JOURNAL

EDITOR IN CHIEF
JANN S. WENNER

EDITORIAL DIRECTOR
WILL DANA

EDITOR
JASON FINE

DEPUTY EDITOR MARK HEALY
CREATIVE DIRECTOR DAVID SCHLOW
DIRECTOR OF PHOTOGRAPHY JENNIFER SANTANA
MANAGING EDITOR TARA COX
FEATURES EDITOR LARRY KANTER
ARTICLES EDITOR GREG EMMANUEL
SENIOR EDITORS STAYTON BONNER, JEFF DENGATE, RYAN KROGH, MARISSA STEPHENSON
ASSOCIATE EDITOR ROB FISCHER
ASSISTANT TO THE EDITOR MARIELLE ANAS

CONTRIBUTING EDITORS
DR. BOB ARNOT, MARK BINELLI, TOM BROKAW, DAVID BROWNE, KITT DOUCETTE, DANIEL DUANE, JOSH EELLS, KEVIN GRAY, LAIRD HAMILTON, ERIK HEDEGAARD, JOSEPH HOOPER, WALTER KIRN, DR. ROBERT MORDKIN, SEAMUS MULLEN, STEPHEN RODRICK, PAUL SOLOTAROFF, MATT TAIBBI, JESSE WILL, SEAN WOODS

COPY & RESEARCH
COPY CHIEF THOMAS BROWN
RESEARCH CHIEF JORDAN REED
RESEARCH EDITOR DARREN REIDY

ART
ART DIRECTOR TODD WEINBERGER
DEPUTY ART DIRECTOR KIM GRAY
ASSOCIATE PHOTOGRAPHY EDITOR AMY MCNULTY
DEPARTMENT FINANCE MANAGER SANDFORD GRIFFIN
ART PRODUCTION ASSOCIATE CHELSEA SCHIFF

MENSJOURNAL.COM
EDITORIAL DIRECTOR TYGHE TRIMBLE
ASSOCIATE EDITORS MATT ALLYN, JASON DIAMOND, MATTHEW KITCHEN
ASSISTANT EDITOR JOHN LONSDALE
PHOTO EDITOR NICHOLAS HEGEL MCCLELLAND

PUBLISHER
JAY GALLAGHER

ASSOCIATE PUBLISHER, MARKETING ROBERT WEINSTEIN
ADVERTISING BUSINESS DIRECTOR DANIKA PARENTE
FASHION & GROOMING DIRECTOR LAUREN DOYLE
ACCOUNT DIRECTOR RICHIE GRIN
1290 AVENUE OF THE AMERICAS, NEW YORK, NY 10104 212-484-1616
SOUTHEAST GARY D. DENNIS
NAVIGATE MEDIA, 1875 OLD ALABAMA ROAD, SUITE 1320, ROSWELL, GA 30076 678-507-0110
MIDWEST ROBERT FRANKEL
333 NORTH MICHIGAN AVENUE, SUITE 1105, CHICAGO, IL 60601 312-782-2366
DETROIT & PACIFIC NORTHWEST LORI FRIESNER 248-743-1022
CALIFORNIA TIFFANY KEELE GRANA
5700 WILSHIRE BOULEVARD, SUITE 345, LOS ANGELES, CA 90036 323-930-3300
TEXAS ADAM KNIPPA
LEWIS STAFFORD CO., 5000 QUORUM DRIVE, SUITE 545, DALLAS, TX 75254 972-960-2889
ADVERTISING ASSISTANTS NANCY NGUYEN, EMMA PRZYBYSZEWSKI, AMANDA VELEZ

DIRECT RESPONSE ADVERTISING
800-442-9220
MONICA PAPADATOS 212-484-1793

MARKETING
ANTOINETTE ENRIQUEZ, FERNANDO MANCUELLO, JUSTINE TROCCHIA

PUBLICITY
KATHRYN BRENNER

DIGITAL MEDIA
HEAD OF DIGITAL GUS WENNER
DIGITAL OPERATIONS ALVIN LING (EXEC. DIR.), ERIC WARD (EXEC. PRODUCER), JUSTIN HARRIS

CIRCULATION
LINDA GREENBLATT, ELYSE KOSSIN (DIRS.), AMY FISHER, MEE-VIN MAK, JEFF TANDY

MANUFACTURING
JOHN DRAGONETTI, KEVIN JONES (DIRS.), THERESE HURTER, PAUL LEUNG, CHRIS MARCANTONIO, LAUREN MCGUINNESS

CHIEF FINANCIAL OFFICER TIMOTHY WALSH
GENERAL COUNSEL NATALIE KRODEL
HUMAN RESOURCES DIRECTOR VICTORIA KIRTLEY
INTERNATIONAL LICENSING DIRECTOR MAUREEN LAMBERTI
RESEARCH DIRECTOR AMY MATOIAN NINOMIYA
CONTROLLER KAREN REED

WENNER MEDIA
CHAIRMAN
JANN S. WENNER
VICE PRESIDENTS VICTORIA LASDON ROSE, TIMOTHY WALSH, JANE WENNER

FROM TOP: YADID LEVY/ALAMY; COURTESY OF CANNONDALE; CHRIS BURKARD/MASSIF

SUPERIOR LIGHT BEER







LONG LIVE THE **ULTRA LIFE**

EXPLORE MORE at facebook.com/MichelobULTRA

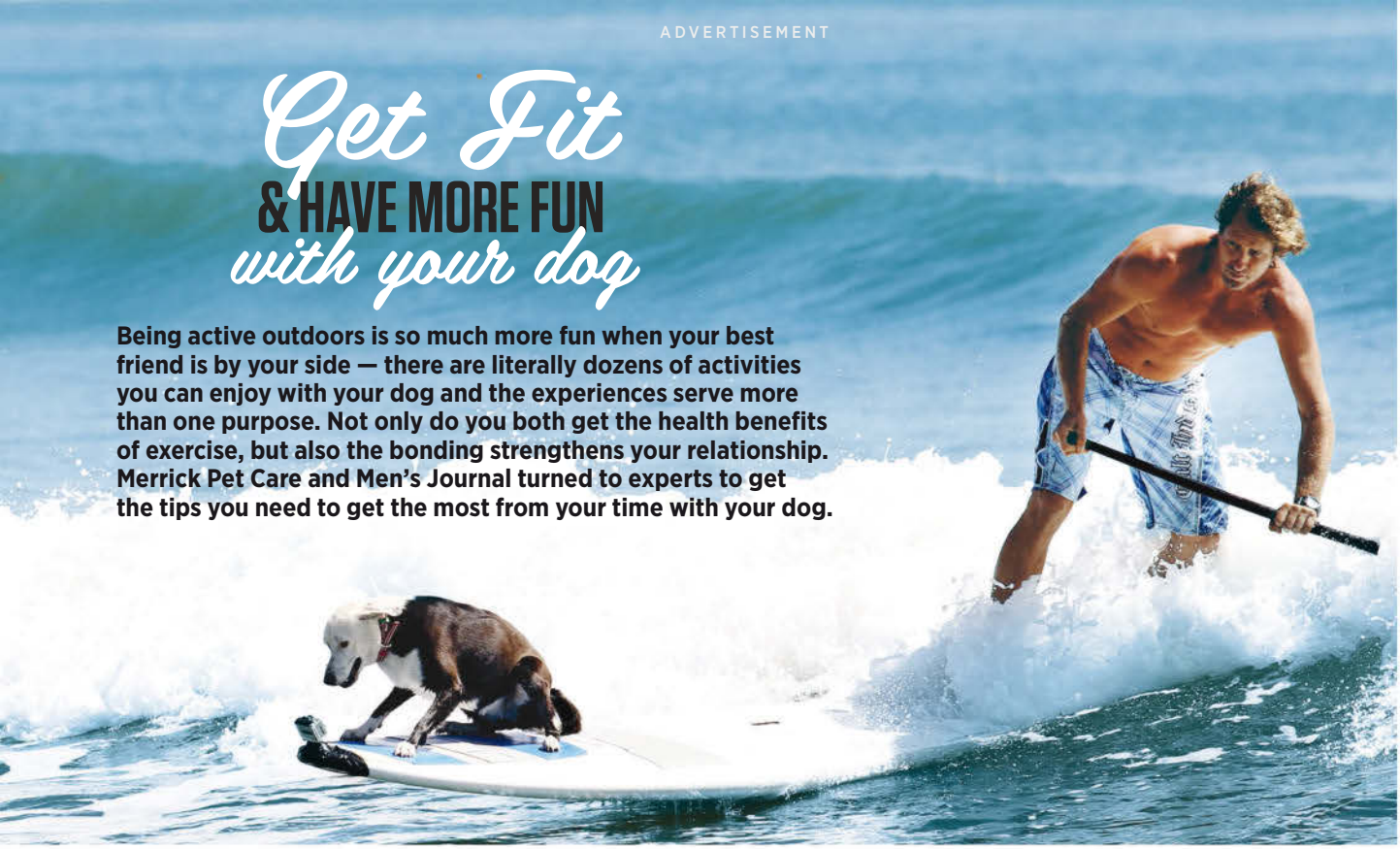
ENJOY RESPONSIBLY

©2014 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO *95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.*

ADVERTISEMENT

Get Fit & HAVE MORE FUN *with your dog*

Being active outdoors is so much more fun when your best friend is by your side — there are literally dozens of activities you can enjoy with your dog and the experiences serve more than one purpose. Not only do you both get the health benefits of exercise, but also the bonding strengthens your relationship. Merrick Pet Care and Men's Journal turned to experts to get the tips you need to get the most from your time with your dog.



How to STAND UP PADDLE SURF WITH YOUR DOG

Expert: CHRIS DE ABOITIZ,
OWNER 1770 SUP

1. BASIC TRAINING
Have control over your dog first. The basic steps are to sit and stay anywhere and anytime.

2. GET THEM ON BOARD
Place your dog in a sit and stay while the board is on a flat surface. Invite the dog on and off the board a couple of times. Remember to reward when he does the right thing.

3. START IN CALM WATERS
Start in a flat, calm river. This way you can get your SUP-skills up to date. You don't want to wipe out and give the dog a bad experience. After the river, move on to very small surf.

4. REWARD A JOB WELL DONE
After the surf bring your dog back to the beach and play with a ball or a stick. Then reward your pet with a healthy, all-natural treat. This way the dog will relate the surf experience with having fun.









To keep your dog in shape and ready for fun, feed them new Merrick Backcountry — an ancestral canine diet made with protein-rich grain-free kibble plus real, whole pieces of raw, freeze-dried meat. And, like all Merrick recipes, Backcountry is made in the USA in the company's organically certified kitchen.

How to MOUNTAIN BIKE WITH YOUR DOG

Expert: ROSS DOWNARD, MOUNTAIN BIKE PHOTOGRAPHER AND OWNER OF MTN RANKS APPAREL

1. KNOW YOUR BREED
Working class breeds make great bike companions. They are highly driven, athletic and capable. My dog Lily is a Jack Russell; other good breeds include Border Collies, Australian Shepherd, German Short Hairs and Rhodesian Ridgebacks.

2. START THEM YOUNG
Lily started riding with me when she was about 3 months old. Start with very leisurely rides about 20 to 30 yards. Do not run your dog for long distances until they are at least a year old.

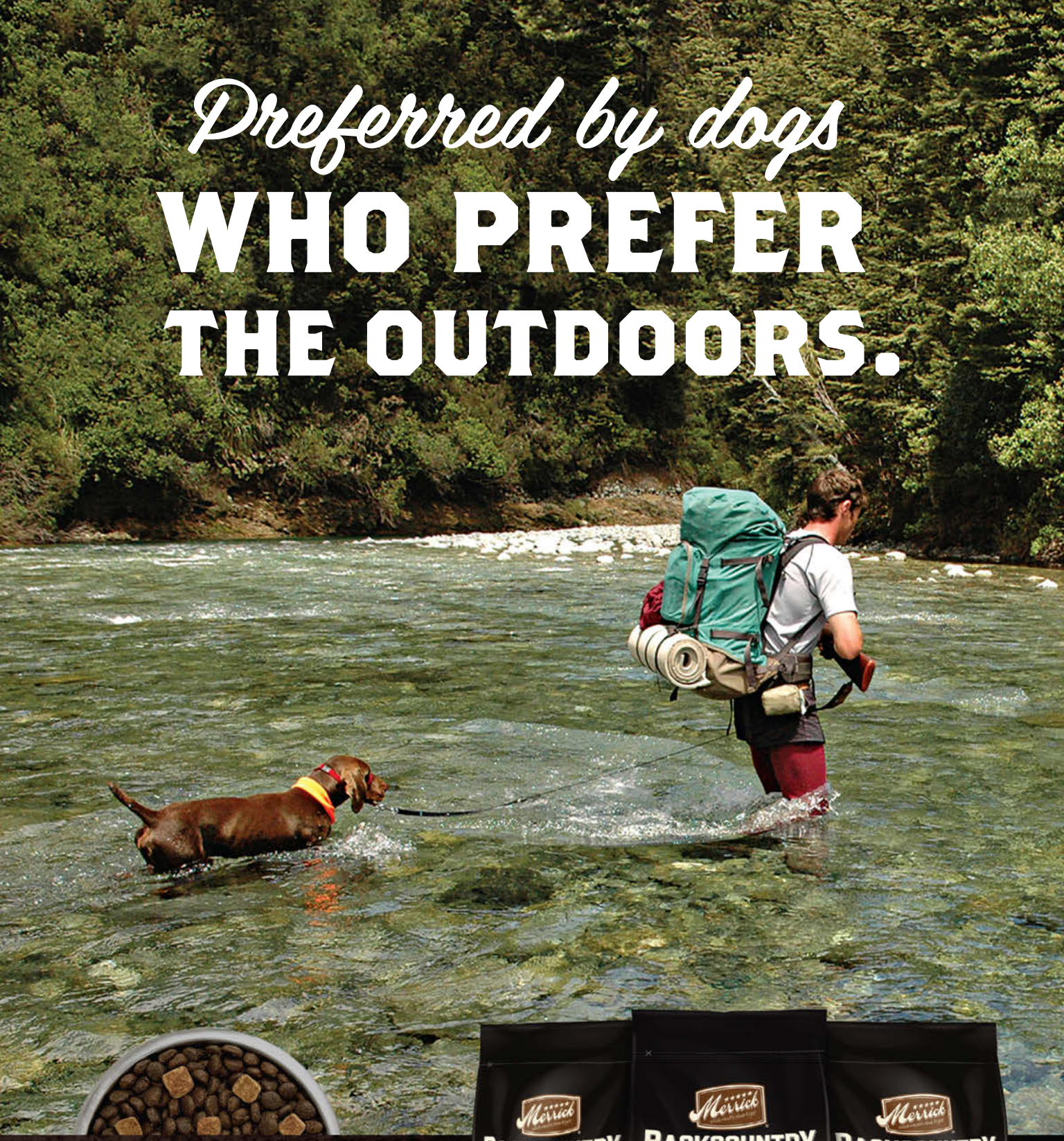
3. TRAIN YOUR DOG TO PLAY IT SAFE
You never know what you will encounter, from wildlife to trails that may terminate into busy roads. Training takes time and a lot of patience. I teach Lily to ride behind me; this keeps her and other riders safe.

4. CONDITIONING
When Lily is in shape she can do cross-country rides from 10 to 14 miles. If your dog hits a wall, take a break. Give them plenty of water and walk with them for a while.

5. ETIQUETTE
Teach your dog to mind other trail users. Be friendly to all. Lily has an "off the trail" command that gets her out of the way of others. Always bring dog waste bags, and clean up after your dog.

Preferred by dogs

WHO PREFER THE OUTDOORS.



THEY LOVE THE WILD AS MUCH AS YOU.™

GRAIN-FREE KIBBLE + FREEZE-DRIED RAW



THE BEST DOG EVER Deserves MERRICK.™

VISIT US AT WWW.MERRICKPETCARE.COM/BACKCOUNTRY.

© 2015 Merrick Pet Care, Inc.

Letters

In your story about hiking Jamaica's Blue Mountains, I loved when Eddie the guide explained that local farmers are "strugglin' but not sufferin'" — their positivity is the secret to living past a hundred." AUSTIN McCARTHY, WARREN, VT



CLIMBING CRAZE

I thought the climbing gyms popping up everywhere were part of a fringe trend, but now I can see there's a much larger movement happening ["Are Climbing Gyms the New CrossFit?" by Will Cockrell]. I prefer team sports to pumping iron when it comes to exercising, so I'm glad the fitness world is evolving toward community-based workouts.

ROB HAVILIA, BURNS, OR

PLAYER TO PATRON

The sports world needs more agents like Tom Condon — fiercely hard workers who dedicate their careers to getting players what they deserve instead of treating them like disposable game pieces ["The NFL's Alpha Agent Goes to War," by Paul Solotaroff]. It takes brains *and* balls to go up against a league that generates $10 billion annually.

PATRICK FINLEY, ATLANTA

WANDER HARDER

Jayme Moye's account of standup paddleboarding in the whitewater rapids near Glenwood Springs, Colorado, was thrilling ["Run a River, on Two Feet"]. As a Denver native, I participate in a lot of outdoor activities, but whitewater SUP always seemed too advanced. Now I'm invigorated to conquer a new challenge.

BEN GROHMAN, DENVER

Friends repeatedly recommend yurt camping in Big Sur as one of their favorite offbeat experiences, but now Jesse Will has me convinced that Dead Horse Point, Utah, is the way to go ["Exploring a High-Desert Wilderness"]. And I won't have to sacrifice my phone charger!

SAM PEISSEL, ARTESIA, NM

RESTORING IRAQ

Matthieu Aikins' profile of Azzam Alwash ["Iraq's Wildlife Defender"] was incredibly refreshing. It's impossible to read about anything going on in Iraq these days without cycling between policy and politics. Alwash is championing environmental issues that transcend ethnicity and religion. In the final frontier of man versus nature, we all stand as equals in the face of restoring wildlife and our natural habitats.

TOM SHEA, STERLING, MA

THE FUTURE IS NOW

I laughed so hard when I read that there's actually an acceleration setting labeled "insane" on the new Tesla P85D ["Plug and Play," by Jesse Will] — a mode that would make Marty McFly proud.

CODY SCANLON, DENVER





Feedback on our online feature "The 50 Most Adventurous Men," on MensJournal.com:

- "Whoa, I'm one of MJ's 50 Most Adventurous Men." ***—ALEX HONNOLD, CLIMBER***
- "To be included on this list is incredibly humbling, considering so many of these guys are personal heroes." ***—SEBASTIAN COPELAND, POLAR EXPLORER***
- "Hadn't heard of half of these men, but all are doing incredible, awe-inspiring things." ***—CHARLIE WALKER, EXPEDITIONIST***
- "I hope this list helps share the magic, power, and beauty of the wild, and inspires people to get out in it and take care of it for infinite generations to come." ***—MIKE LEBECKI, EXPLORER***

CONTACT US

TWITTER @mensjournal
FACEBOOK facebook.com/MensJournal
INSTAGRAM @mensjournal
EMAIL letters@mensjournal.com
SEND LETTERS to *MEN'S JOURNAL*, 1290 Avenue of the Americas, New York, NY 10104
SUBSCRIBER SERVICES
Go to mensjournal.com/customerservice
• **SUBSCRIBE** • **RENEW** • **GIVE A GIFT**
• **REPORT MISSING ISSUES**
• **PAY YOUR BILL** • **CHANGE YOUR ADDRESS**

FROM TOP: MICHAEL PIRROCCO; JIMMY CHIN; MICHAEL PIRROCCO



MARK'S STARRY PANORAMA
REI member since 1997. Auburn, WA

Find gear and inspiration at REI.com/letscamp



The World's Deadliest Race

IN JANUARY, SOME 160 MOTORCYCLE RACERS set off across Bolivia's 4,000-square-mile Uyuni salt flat during the eighth leg of the 2015 Dakar Rally, the longest annual off-road endurance race in the world. The route traversed 5,800 miles of South America, from the coast of Argentina to the coast of Chile and back across to Buenos Aires via Bolivia. "It was a stunning contrast between the extreme cold of the salt flat and the mild temperatures near the ocean in Chile," says photographer Franck Fife, who shot the race from a helicopter. The rainy season covered sections of the flat with several inches of water, bringing near-freezing conditions and slowing the racers' speeds to around 90 miles per hour. "Bikers were warming their hands beside their exhaust pipes," says Fife. Since the rally's inception, in 1978, more than 25 competitors have died during the two-week event, and this year was no exception: Just six days before this photograph was taken, motorcyclist Michal Hernik died from dehydration and hyperthermia on a remote section of the course. Spaniard Marc Coma eventually won his fifth title in the race, but just finishing is hard enough. "The Dakar Rally is one of the most beautiful competitions to witness, from the breathtaking landscapes to the bonds that form between riders," Fife says. "Despite extreme physical fatigue, they always come together to help one another." —**MARIELLE ANAS**

photograph by **FRANCK FIFE**



RECORD BOOK

Running Across the Sahara

How the greatest living explorer finished the world's toughest footrace at age 71.

by **DAVID BROWNE**



Fiennes, right, with his coach, Rory Coleman, during the Marathon des Sables: "I did not like it at all."

RANULPH FIENNES has climbed Mount Everest, run seven marathons on seven continents in seven days, and was crossing the Arctic unsupported when he suffered frostbite so severe that it required him to self-amputate the tips of five fingers. But in April, during this year's Marathon des Sables, a 156-mile trek across the Sahara Desert, Fiennes encountered a new type of hardship: heat.

"I've mainly done expeditions in the cold," he says, "and I assumed I would be equally well built for the heat. But I hadn't really thought about it."

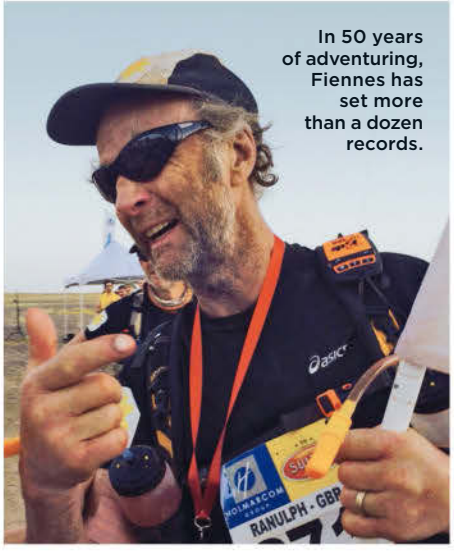
Halfway through the race, with the temperature swelling to 120 degrees, the former British army captain became dizzy and nauseated. He'd suffered a heart attack more than 10 years ago, requiring double-bypass surgery, and his doctor had warned him about exceeding a pulse of 130 beats per minute. The sutures in his chest began tugging inside him.

"It felt like the wire was being pulled apart in my chest," he says.

Fiennes lost his balance and was forced to stop. His training partner, endurance coach Rory Coleman, who was running with him, considered calling off the race. But after resting for an hour and taking a prescription painkiller, Fiennes returned to the course. When he crossed the finish line after six days, he became the oldest Brit to complete the grueling event.

"I did not like it at all," says Fiennes. "When I finished, I had to make sure I hadn't damaged my kidneys by overconsumption of painkillers."

Fiennes became a full-time adventurer in the 1970s, after he left the military, at the suggestion of his equally adventurous wife, Ginny. (The couple led the first hovercraft expedition up the Nile.) He hasn't slowed down since, becoming the first person to circumnavigate the Earth by way of both the North and South poles, in 1981, and the first to cross Antarctica unsupported. Since turning 60, Fiennes has climbed the north face of the Eiger, in Switzerland, and set off to ski across Antarctica in the dead of winter, in 100-below-zero temperatures. He abandoned that attempt after suffering frostbite.



In 50 years of adventuring, Fiennes has set more than a dozen records.

In fact, Fiennes estimates that 40 percent of his attempts at records have failed. But he never regrets trying. "If you do a journey, you can make a living through lecturing and writing books," he says. "That's the way to get big sponsorships."

"I was very lucky to be doing this in the '60s and '70s," says Fiennes, "when certain journeys had not been managed yet." He still views his first Antarctic trip, in 1982, as his most memorable. "There was an area from the coast to the South Pole, 900 miles, that was utterly unmapped," he says. "No one had seen it. Now's there's a map from satellites. In terms of climbing or ocean racing, it's now all been done. You're out of luck."

In 2004, Ginny died of cancer, and Fiennes began breaking records to raise money for Marie Curie Cancer Care. So far, he's raised about 14 million British pounds (around $20 million) for charity, including $155,000 from the Marathon des Sables. Fiennes hasn't chosen his next trip but says his goal is to have "20 million pounds" on his grave.

"I'm frightened of having to retire, but I know people do that every now and then," he says. "If you succeed, you're relieved, and then you start planning the next one. It's sort of become rhythmic." ■

PRESS ASSOCIATION IMAGES/LANDOV (2)


#DontCrackUnderPressure
TAG HEUER
TAGHeuer
SWISS AVANT-GARDE SINCE 1860
AQUARACER
CALIBRE 5
300 m / 1000 ft
WSL
AQUARACER CALIBRE 5
Official Timekeeper of the WSL Big Wave Events. Big wave surfing is all about timing – being right there and ready when the swell of the year is maxing out. Like TAG Heuer, today's top big wave riders live for the challenge and #DontCrackUnderPressure.











Clockwise from top left: The C-Lounge; Bretto's colorful bar; an update on traditional Greek at Anthos; the often-overlooked Athens coast; the Parthenon

The Greek Revival

Despite ongoing economic woes, Athens is bouncing back, bringing with it a shot of youth, ingenuity, and a whole new coastline to explore. It's anything but austere.

by **DAVID AMSDEN**

THE BEST WAY TO see the Acropolis, I learned late one evening in Athens, is from the rooftop bar Bios. Located in Kerameikos, a semi-industrial neighborhood not far from the city's famed ruins, it's not an easy place to classify — a screening room some nights, an art gallery others — and it's an even harder spot to find. You enter an unmarked door to a seemingly abandoned apartment building and proceed to climb three floors up a cracked marble staircase. Then, just as you're beginning to wonder about what the typical jail sentences are for trespassing in Greece, you hear sounds of life: bursts of laughter, experimental electronica, the clinking of glasses. A few steps later and you're on a terrace with tables of reclaimed wood, stools fashioned from old beer kegs, among artfully disheveled Athenians who migrate here during the balmy nights of spring and summer, chain-smoking, sipping Aperol spritzes, and taking in a panoramic view of the Acropolis — a glimpse of the city's epic past refracted through its suddenly resilient present.

"Pretty cool, right?" said Christina Kotsilelou, a designer of avant-garde furniture and art objects who, in a display of the hospitality you find all over Athens, offered to show me around. Though she was referring to the view, she might as well have been describing Athens itself, which today exudes the energy of a city eager to reclaim its groove and reinvent itself in the process. Seen for years as a B-list European capital you visited for a mandatory dose of antiquity before hopping around the country's idyllic islands, in the wake of the 2010 economic crisis and crippling austerity measures that followed, the global perception of Athens became especially bleak: riots, torched cars, a shattered city on the verge of anarchy that was best avoided altogether. While the graffiti protesting the government's freezing of salaries and raising of taxes has barely dried, the gloom of the recession has begun to lift, giving way to an optimistic, bohemian spirit that brings to mind Berlin 15 years ago. "I think what happened over the past year is our attitude has changed," Kotsilelou explained. "You can be depressed for only so long, you know? I think we're more hopeful now and have decided to start enjoying ourselves again."

It's true. There is no shortage of good times to be had in Athens these days,



SO MANY FLIGHTS. CAN YOUR AIRLINE REWARD MILES GET YOU WHICHEVER ONE YOU WANT?

VENTURE® MILES CAN. No matter which flight you want, no matter which airline it's on, you can get it using Venture miles. Just book any flight, then use your miles to cover the cost. It's that easy. So, ready to switch?

Earn Unlimited Double Miles

Capital One®
what's in your wallet?®

Credit approval required. Redeem miles for travel on any airline based on actual ticket price at time of purchase. Offered by Capital One Bank (USA), N.A. ©2015

whether it's exploring the city's magnificent and underrated coastline or indulging in an ever-expanding (but still underground) nightlife. From Bios, for instance, we headed to Petralona, a once-sleepy residential neighborhood now home to an elegantly laid-back dining scene, where we settled in at the newly opened Holy Goat, a "punk bistro" that serves small plates like risotto made with crawfish broth, and salmon tartare drizzled with cuttlefish ink. Such spots, a rarity before the crash, are cropping up around town, offering discerning foodies a multitude of choices outside the traditional tavernas that for generations were the dominant option. On another night, I wandered into the French-inspired Osterman, in the city center, with a slick zinc bar framed by a dramatic two-story-high ceiling of pressed tin, and where a mere 40 euros gets you a three-course lunch for two, wine included. Vegetarians no longer have to confine their meals to Greek salads and spanakopita and now find refuge in places like Avocado, in the Plaka district, or IT, an airy, minimalist joint behind the regal embassies in Kolonaki, proudly built from sustainable materials, and where a store on the premises sells locally made crafts.

"The crash shook things up — in a lot of bad ways, of course, but also in good ones," John Consolas told me one afternoon while sitting in the living room of the Alice Inn, a micro bed-and-breakfast he opened not long ago that stands as testament to his theory. Located in a neoclassical mansion in Plaka, Alice's mellow vibe and eclectic vintage furnishings offer a welcome (and more affordable) counterpoint to the nearby Hotel Grande Bretagne, still the top choice of those looking for old-school European luxury, or the New Hotel, the city's premier boutique offering, which was redone three years ago. "Before, the idea of cool was kind of dated," Consolas continued. "Loud electronic music, expensive bottle service — the whole cheesy Euro thing. But people don't want that so much anymore. They're looking for something a little funky, a little different, and the best part is we're all putting in the effort to create it."

The Greeks are a nocturnal people, with even weekday dinners ending around midnight and spilling over into a frenetic bar scene that has a way of making hours tick past like seconds. As with Bios, many of the best spots are invisible from the street, and discovering them offers the added thrill of being in on a secret. At Cantina Social, hidden down an alley in Psiri lined with still-active mechanics shops, I met a group of artists who invited me to join them the next night at a bar and performance venue named Six DOGS — short for "six degrees of global separation" — which is entered through a neon-lit underground staircase that opens onto a rustic courtyard where hammocks hang from fig trees and the cocktails are mixed with care. As the late night gave way to a groggy morning, I took the advice of my new friends and made my way to detox at the Hammam Baths, a modern take on the Turkish bathhouses that have been part of the city's culture for centuries. For 45 euros, I spent an hour sweating out the toxins in the marble steam room before getting a deep-tissue rubdown that left me invigorated and ready to return to reality.

Well, sort of. With a population of 3.7 million, metropolitan Athens is both dense and sprawling — it's easy to forget that you are on the Mediterranean and able to get a taste of the island life without hopping a four-hour ferry. Pebbled beaches, rugged cliffs, flat cerulean waters perfect for paddleboarding — the "Athenian Riviera," a phrase locals are hoping will stick, is so preposterously beautiful that it's inexplicable that more people don't know about it. You can head out via public transportation for a day trip, settling in at Astir Beach, where 25 euros gets you a lounge chair with waiter service, or hanging in the aquamarine thermal waters of Lake Vouliagmeni, long believed to have healing powers. Most ideal, though, is to spend a few days unwinding on the coast. The Arion Resort, with its private helipad and Bentley taxi service, has for years been the choice for posh visitors and dignitaries, but the optimal place to experience Athens' current transformation is Island. Well known as a restaurant and nightclub catering to the jet set, Island recently opened C-Lounge, a casually hip breakfast and lunch spot perched on a cliff above a rocky beach. A hidden door by the entrance leads to a private villa with its own infinity pool; even less known about the property is that it started as a campground, and is still home to a bohemian community.

"What's crazy is that no one knows this exists, this place where the city vanishes and everything slows down," said George Forlas, Island's manager, explaining that they're planning to construct a few tents for short-term stays. "We don't want to change it too much since it's so special, but it's important to remind people that there's a lot more to this city than they realize." ■

The New Athens: A Primer

Where to Stay

The New Hotel Centrally located in a modernist building from the Fifties, this has become the choicest boutique in town since being remodeled three years ago.

The Alice Inn Funky, communal, and affordable, like staying in the home of an effortlessly hip friend.

Where to Eat

Osterman Grab an outdoor table at this Paris-inspired bistro and watch the barhopping crowds meander through the city's center.

The Holy Goat The inventive small plates at this so-called punk bistro flip classic Greek cuisine on its head.

Where to Drink

Blue Bird On Fridays, this intimate spot fills up with Athenians looking to sip craft cocktails and dance in the street.

Cantina Social An unassuming courtyard in the midst of industrial workshops, at night it turns into one of the city's most unique bars: festive, friendly, and cool without being the least bit precious.

Yperokeanio This semi-secret bar and taverna translates as "ocean liner," and with reason: Cocktails are served on a rooftop that has been transformed into a modernist space that gives patrons the sense of being docked in a cloud above the city. Cheap, honest Greek fare served with newfangled cocktails make this a killer spot.

Don't Leave Without...

CATCHING AN OUTDOOR MOVIE Athens is dotted with open-air cinemas showing everything from American classics to European art-house flicks. **Cine Thisio**, with its ivy-covered walls and Acropolis view, is a cinema experience like no other.

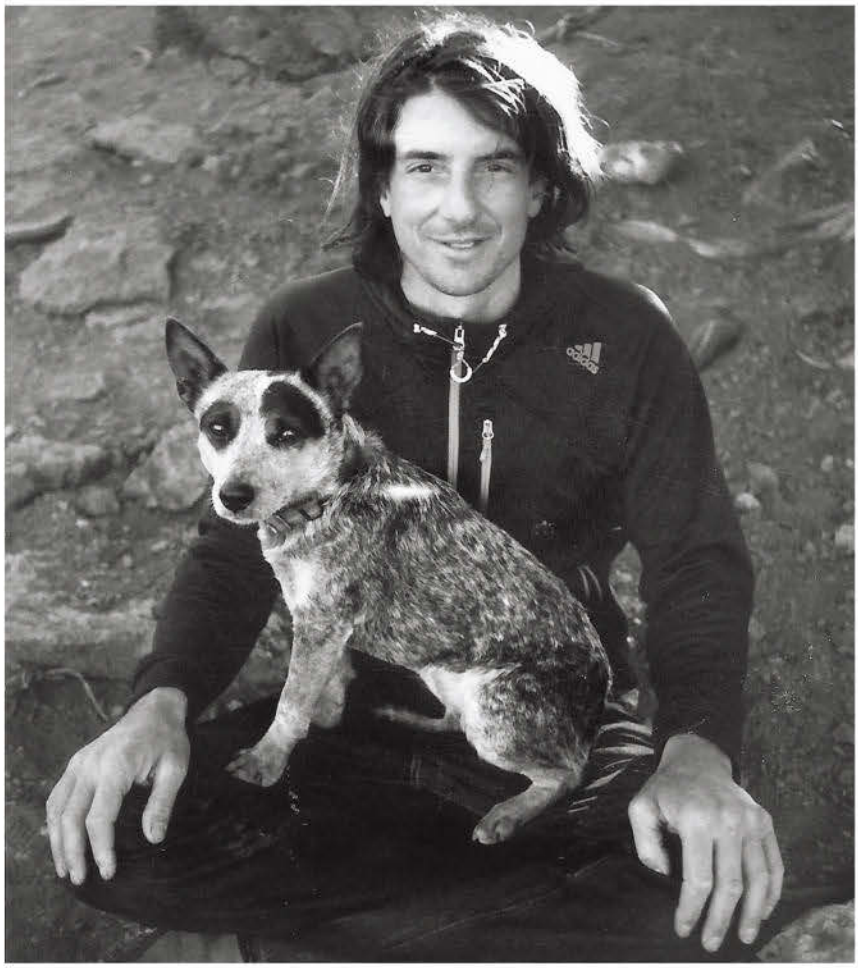
CHECKING OUT the Vinyl Microstore, in Exarcheia, which has racks and racks of vinyl and is operated by a friendly team that hosts some of the best parties in town. Ask about upcoming events. —D.A.



The Holy Goat's "Evil Knievel"

OPPOSITE PAGE: CLOCKWISE FROM TOP LEFT: EIRINI VOURLOUMIS; JULIEN CAPMEIL (3); BROWN CANNON/INTERSECTION PHOTOS; THIS PAGE: VASSILIS ZAMPIKOS


EDDIE.
SET.
GO.®
IT LIVES. IT BREATHES.
The ultimate in active cooling, our new Motion Quantum T-Shirt featuring FreeVent™ Pro technology is the world's only sweat-activated venting system. Vents open when you sweat and shut when you're dry.
AVAILABLE ONLY AT EDDIE BAUER STORES AND ON EDDIEBAUER.COM
#PrepareForAdventure
Eddie Bauer®
LIVE YOUR ADVENTURE®



Potter was celebrated — and criticized — for his unconventional feats, including BASE jumping with his dog, Whisper.

TRIBUTE

Dean Potter's Final Flight

The pioneering climber and BASE jumper defied convention right up to his last day. by **DANIEL DUANE**

AT 7:25 PM ON SATURDAY, May 16, Dean Potter zipped up his wingsuit and, with his friend Graham Hunt, stepped to the edge of Taft Point, 3,500 feet above Yosemite Valley. Their plan was to jump off, free-fall to gain speed, and, if they were high enough, use their wingsuits to rocket through a V-shaped notch in a neighboring ridge. They would deploy their parachutes on the far side, farther up the valley. Potter's longtime girlfriend, Jen Rapp, shot photographs as they leaped. Far below, Hunt's girlfriend, Rebecca Haynie, waited for the landing. It never came.

The still photos show that, as the pair approached the notch, possibly lower than anticipated, Hunt veered left as if to avoid it, then banked hard right to rejoin Potter, who never wavered. But Hunt, now on a diagonal path across the notch rather than straight through it, struck the far wall. Potter made it through the opening but hit rock beyond. Both died on impact.

Potter was 43, 6-foot-5 with unruly hair and sensitive eyes. He was famous for pushing the boundaries of extreme sports in dangerous and original ways. He was the first to BASE jump from a slackline strung hundreds of feet in the air. He once held the world record for the longest-ever BASE-jump wingsuit flight, set when he jumped off the Eiger, in the Alps, and soared 4.66 miles in three minutes and 20 seconds. Potter also invented a new sport he dubbed free-BASEing, climbing overhanging cliffs without a rope, wearing a parachute in case he fell.

Potter's achievements were so far-out that they gave pause to even the most accomplished extreme athletes. In the late 1990s, before taking up BASE jumping, Potter set a series of solo speed-climbing records on the 2,500-foot face of Half Dome and 3,000-foot-high El Capitan by ascending long stretches without a rope, using a short length of cord to get through especially difficult sections.

"It was the raddest thing I had ever seen," says climber Alex Honnold. "It was deeply formative for me when I was younger."

Potter also courted controversy. In 2006, he scaled Delicate Arch, in Utah's Arches National Park, one of the most recognizable and fragile rock formations in the U.S. This outraged conservationists, who worried about damage to the arch, and caused Patagonia to drop its sponsorship of Potter. He also frequently BASE jumped with his dog, Whisper, in a backpack, inciting similar outrage among animal-rights activists. (Whisper was not flying with Potter on his final jump.)

"The thing about Dean that was refreshing," says professional rock climber Cedar Wright, one of Potter's closest friends, "is how unabashedly himself he was. Even when it pissed people off or flew in the face of his sponsors, Dean was going to do what he was going to do."

TEN YEARS AGO, I climbed Utah's Castleton Tower with Potter and his then wife, Steph Davis. I sat atop that narrow desert spire and watched Potter spit off the edge to gauge the wind. He smiled a warm and mischievous smile. Then he jumped. Like almost everyone who admired Potter, I wished that I felt so free to confront my fears.

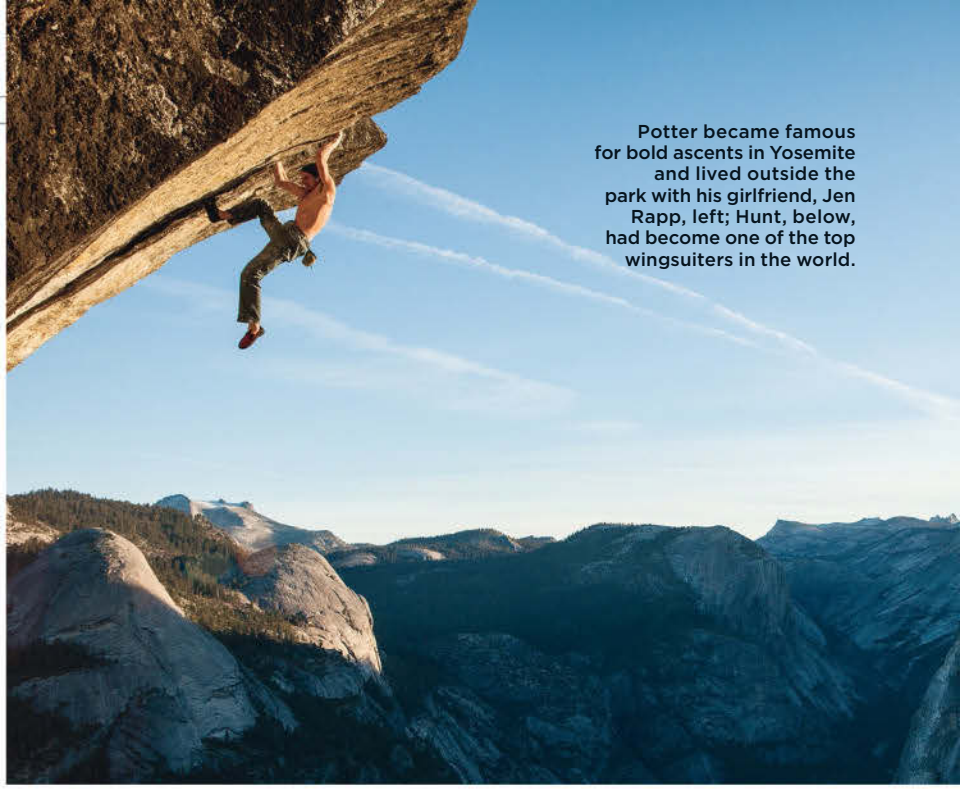
Potter thought of his peculiar lifestyle as more artistic than athletic. "I don't want to be an athlete so much," he told me. "I groove more with artists and deep thinkers."

It was a very Dean thing to say, and it embodied an outlook that attracted so many of us to his magnetic — and uncompromising — personality.

Potter grew up in New Hampshire and taught himself to climb in high school. A few years later, he quit college to become a

PREVIOUS SPREAD: FRANCK FIFE/AFP/GETTY IMAGES; THIS PAGE: TYLER ROEMER





Potter became famous for bold ascents in Yosemite and lived outside the park with his girlfriend, Jen Rapp, left; Hunt, below, had become one of the top wingsuiters in the world.



full-time climbing bum in the epicenter of the sport, Yosemite Valley. He quickly established himself as the boldest young climber in a generation.

In the early days, Potter lived in the shadows in Yosemite, sleeping illegally in the forest or in various cars. Recently, though, he and Rapp bought 31 acres just outside the park's boundary, and he began edging toward elder-statesman status.

"Dean was really a mentor to me," says Wright, who was one of many climbers to follow Potter's example. Rapp and Potter encouraged like-minded people to join them, camping indefinitely among the trees on their property. "A very active group of really fringe people" is how he described this unusual community.

It was in this Yosemite social network that Potter met Graham Hunt. Largely unknown outside BASE-jumping circles, Hunt was one of the best up-and-coming wingsuiters in the world. Like Potter, he made his home near the park, in El Portal. He took odd jobs — firefighting and overnight janitorial work — to support his adventures, and Potter and Hunt flew together regularly.

Despite federal laws banning BASE jumping in national parks, Potter and Hunt had jumped from every major formation in Yosemite, including perhaps 50 jumps from Half Dome and a dozen or more from Taft Point. "We jump every day in Yosemite," Potter told me just a few weeks prior to his death.

Like most wingsuiters, the two were well aware of the risks. Last year, a close friend of theirs, Sean Leary, went missing while BASE jumping in Zion National Park, and word quickly spread.

"I tracked down the last people to talk to Sean," Potter said, "and I pinpointed where he should be." He passed this information to the Park Service and, believing that Leary might still be alive, flew in from a trip to British Columbia.

"When I got to Zion, the Park Service said they couldn't get to Sean for a couple of days," Potter said. "But Sean's wife was there, and his mom and his brothers." Potter, Hunt, and others decided they couldn't wait. The way Potter told it, they defied Park Service orders, ascended a thousand-foot wall in three hours, and determined Leary died on impact.

This extreme devotion was classic Potter.

"Dean was easily misunderstood," says mountaineer Jimmy Chin, who knew him for nearly 20 years. "But he had the biggest fucking heart. Dean was an intensely loyal friend."

Leary's death was just one of dozens among top wingsuiters in the last two years. Potter knew many of them personally, and their deaths served as a shocking wake-up call. Rather than give up jumping entirely, though, he became convinced there were grave errors in contemporary wingsuit design.

"Thirty guys equals a 5 percent die-off among active wingsuit BASE jumpers," Potter told me. "That means there's a flaw in our system, and you're an idiot if you think anything else. I'm smart enough to know that 5 percent means it could be me."

POTTER ONCE MENTIONED that he had a recurring dream about falling to his death. But rather than shy away from his fears, Potter was constantly fascinated by them and powerfully compelled to confront them — albeit with a measure of caution. In 2006, he flew to Argentina and climbed a 4,000-foot granite spire known as Cerro Torre, with the hope of BASE jumping from near the top. I followed him there and trekked two days up a glacier to watch. Instead, I found Potter stumbling back into camp. He had reached the summit and explored every possible jumping angle before concluding that there was no safe exit point. Rather than risk it, he accepted the disappointment.

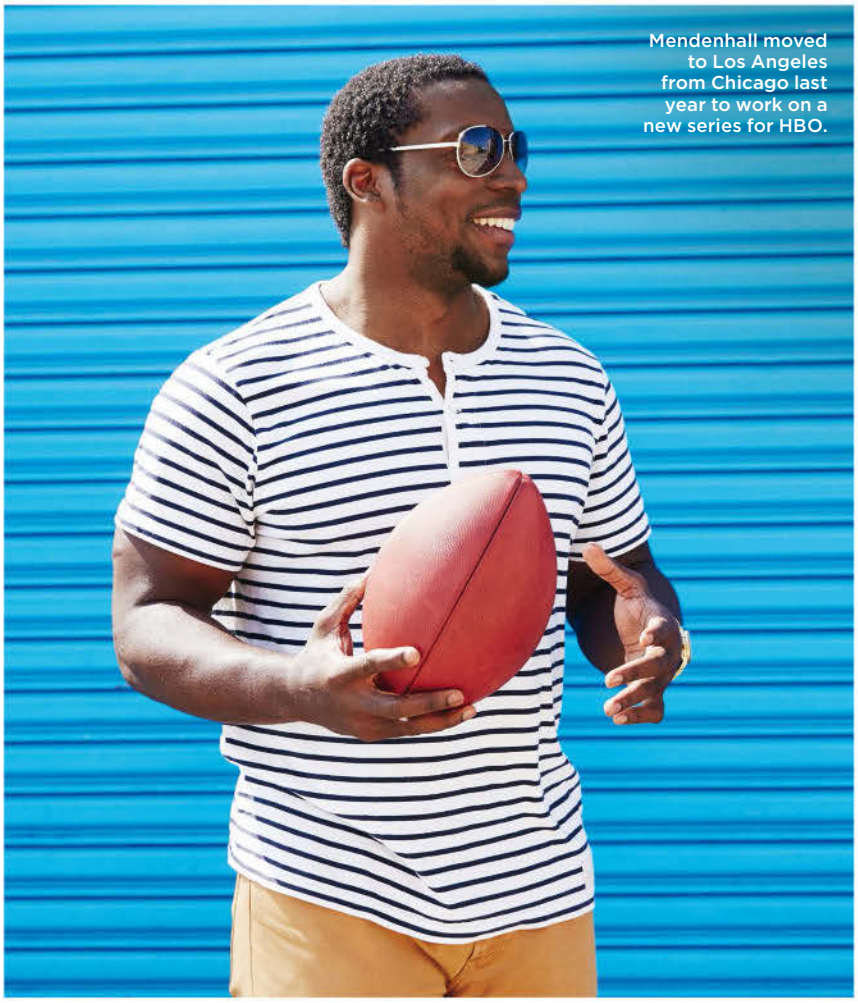
During that trip, Potter told me that he had hopes of one day landing a wingsuit without a parachute, ideally by skidding to a stop on a perfectly angled slope covered in snow. Potter was serious enough about the goal that he enlisted aerospace engineer Maxim de Jong to create the perfect suit, with soft body armor protecting his neck, spine, and organs, and a flexible belly to serve as a kind of sled. But after Leary's death, Potter put the wingsuit landing project on hold.

Afterward, people close to Potter saw the beginnings of change in his personality. "Dean was feeling a lot of turmoil about risk from being with Jen," says de Jong. "We actually thought he was stepping back."

Still, only weeks before his death, Potter had emailed de Jong about rebooting the wingsuit project.

"I love having these ultimate goals out in front of me," Potter said the last time we spoke. "But the number one goal, out of concern for self and family — and also in the representation of my arts — is that I don't ever get taken out by fucking up. I want to live to be a grandfather, or to be doing this when I'm 80." ■

CLOCKWISE FROM TOP RIGHT: MIKEY SCHAFER; SHAWN REEDER; DEANSPOTTER.COM



Mendenhall moved to Los Angeles from Chicago last year to work on a new series for HBO.

Hollywood's Big Hitter

Rashard Mendenhall is writing about the money, fame, and temptation he left behind in the NFL. by **REEVES WIEDEMAN**

"**I DON'T REALLY PICK UP** football books," Rashard Mendenhall says, walking into Small World Books, in Venice, California. "I feel like, whatever's in there, I lived it." Mendenhall was the starting running back for the Pittsburgh Steelers in two Super Bowls, but last year, at age 26 and still in his prime, he walked away from the game to become a writer. On this spring day, he is an anonymous customer, scanning the fiction section in tortoiseshell sunglasses and leopard-print Nike midtops. He grabs a Gil Scott-Heron novel about the civil rights movement, and asks another customer about a few Jonathan Franzen titles. The best book he's read lately is *The Prophet,* by Kahlil Gibran, the early-20th-century Lebanese-American writer. "It's dope," he says. "What I like about his writing is the balance of secular and spiritual." Mendenhall passes a shelf of screenwriting guides. "I feel like you can self-teach yourself anything," he says. "Anything I want to learn, I just OD on it, and pick it up."

Mendenhall spends his days a few miles north of here, at HBO's West Coast headquarters, working as a staff writer on the show *Ballers,* which is scheduled to premiere June 21. Dwayne "the Rock" Johnson stars as a recently retired pro, forging a second career as a financial adviser to young players. Mendenhall's literary interests, plus his firsthand knowledge of life in the NFL — the stuff fans don't see — make him an essential asset for a show that explores the turbulence of even the most successful NFL careers.

After a year hunched over a laptop in a room full of writers, reworking story lines and punching up dialogue, his sizable biceps no longer stretch the seams of his short-sleeved maroon oxford. Physically, he misses "feeling like a superhero," but he is stumped to think of anything else he regrets leaving behind. Life has only gotten better after football. "A lot of guys feel that way," he says. "More than people think." In the span of two weeks this spring, five NFL players under 30 retired for various reasons. "I wanted to walk away the second I was ready," Mendenhall says. "I didn't want to crawl away."

In 17 years of football, Mendenhall never suffered a concussion, but he tore ligaments, sprained both shoulder joints, and played through a quad contusion for most of his pro career. His right hand, which carried the ball, is more or less intact, but the pinky finger on his left, which grappled with strong safeties, is permanently bent like a fish hook. Once, at the University of Illinois, he hobbled to the team facility with a broken ankle, and the coaches told him to suit up for a scrimmage anyway. "My shoe is taped to my fucking leg, and I played in a *scrimmage,*" he says. Mendenhall's abbreviated six-year career was still twice that of the average NFL running back.

But he learned early on that football is a fickle profession. His first start as a rookie came after the team's running back, Willie Parker, suffered a season-ending knee injury. "Fans were like, 'We can't wait to see you start. You're better than Willie Parker," Mendenhall says. "I haven't put on a helmet. This guy's a two-time Pro Bowler, and you're already giving me the world? I saw that, and I knew it was gonna happen to me, too."

Mendenhall also grew frustrated with the off-the-field demands placed on NFL players. The conservative nature of the league, especially in Pittsburgh, felt stifling. Once, the Steelers wanted him to answer several personal questions for a video feature. When they asked for a favorite book, Mendenhall offered *The Autobiography of Malcolm X.*

photograph by **PASCAL SHIRLEY**









NICE THREADS

See the Great. Feel the Great.

It's the warmth of beautifully stitched genuine leather that fits the hand naturally. It's a 5.5" IPS Quantum QuadHD display and 16 MP camera with an f/1.8 lens underneath it. It's a smartphone that performs as beautifully as it looks. It's the all-new G4 from LG.

LG G4

www.LG.com/G4

Qualcomm snapdragon

LG

©2015 LG Electronics U.S.A. Inc. All rights reserved. LG and Life's Good are registered trademarks of LG Corp. Other trademarks and trade names are property of their respective owners. Screen images simulated. Design, interface & color options may vary depending on carrier. Qualcomm and Snapdragon are trademarks of Qualcomm Incorporated, registered in the United States and other countries. Used with permission.





The former Steeler (above in 2011) works on *Ballers* with (from left) actors Dwayne Johnson and Arielle Kebbel, guest star Dan Le Batard, and director Peter Berg.

Eyebrows raised. "They were like, 'Yeah, we can't put that. Do you have another one?'" Mendenhall says. "I could have said *Quiet Strength* by Tony Dungy, and it would have been acceptable. But I'm like, 'You walked up to *me*, asked me *my* favorite book, and it wasn't OK?'"

In 2013, Mendenhall signed a one-year, $2.5 million contract with the Arizona Cardinals. After starting 15 games that season, he could have signed another deal, but his interests beyond the field — travel, reading, writing — had become more satisfying than football. "I wanted to be in my solitude, where I can put stuff together and create," he says. "I wanted people to know me for my work." He consulted a former Steelers teammate, Baron Batch, who had retired a year earlier, at 25, to become an artist. He encouraged Mendenhall to get out. "The NFL takes control of your life," Batch says. "Most guys are tired of it after they play a few years. It takes all of you."

That spring, Mendenhall published an essay in the *Huffington Post* announcing his decision to retire. Fans were bewildered — some even irate — but many fellow players were empathetic. Mendenhall got a congratulatory text from a friend who had just signed a long-term deal worth more than $50 million. He was jealous, Mendenhall says.

After the essay, Mendenhall heard from literary agents and book publishers, but the most intriguing call came from HBO, which, along with a team that includes Johnson, Mark Wahlberg, and Peter Berg, was developing *Ballers*. Mendenhall had recently written a screenplay based on a Gibran short story. He liked the form but was wary of a series that claimed to go behind the scenes of the NFL. "As a player, when you see these shows about football, it feels so outside-in — just one big party without the real stories," he says, noting that *Playmakers,* the Nineties ESPN drama about life in pro football, had missed the mark, too. "I've never seen somebody do coke before they go out on the field." (ESPN canceled the show under pressure from the NFL.)

"COMING FROM FOOTBALL, YOU KNOW YOU CAN GET CUT AT ANY MOMENT."

Of course, Mendenhall admits, there were parties. The wildest were the ones rookies are expected to throw at the start of each season. Mendenhall recalls a young offensive lineman making the mistake of giving his credit card to Steelers quarterback Ben Roethlisberger. "Ben just did the whole thing," Mendenhall says. "One night — the rookie ended up with a $25,000 bill from the club."

When HBO offered Mendenhall a three-week contract, he assumed that would be it. "Coming from football, you know you can get cut at any moment," he says. His first job was vetting the accuracy of action sequences on the field, as well as the behavior of young millionaires off it. For a scene at a club in which several players sit around discussing a woman's chest, Mendenhall told his fellow writers, "That doesn't feel natural — they'd be talking about her butt." He was brought in as a full-time writer for the rest of the season.

"Rashard just had a different point of view than other players we talked to," says one of the show's executive producers, Evan Reilly. "He's so thoughtful and introspective and curious, and he's got real creativity."

Mendenhall has since helped shape the show's story lines and characters. He is most excited about the portrayal of Johnson's retirement struggles, including the effect of all those tackles on his brain. (Johnson actually played on the defensive line for the University of Miami in the early Nineties.) "You see this guy who's larger than life, conquering everything, and then you see a moment where he's facing his fear," Mendenhall says. "That takes you to the completely other side of being invincible, to the humanness of it."

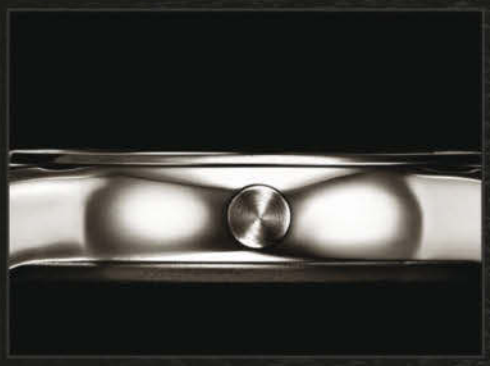
Mendenhall recently sold his condo in Chicago and moved into a townhouse in Santa Monica. (At a restaurant just off the beach, he has trouble choosing between the tuna tartare tacos and a kale salad.) A number of former teammates and opponents have dropped by the set and expressed envy of his new life. "I always wanted to make movies," says Terrell Suggs, a linebacker for the Ravens, who spent a week with Mendenhall in the *Ballers* writers room. "I'm definitely gonna pick Rashard's brain about the business."

One weekend afternoon last fall, Mendenhall got stuck in traffic in Chicago and couldn't figure out why the streets were so crowded. Then he noticed a sea of Bears jerseys. It was Sunday. A hundred men would be gathering in a nearby stadium to play a football game for millions of viewers. "Not for a second did I feel like I wanted to be back out there," Mendenhall says. "I already lived that. It was complete for me. The tough part is trying to wrap my head around where I'm at now." ■

FROM LEFT: COURTESY OF HBO; CHARLES LECLAIRE/USPRESSWIRE







WELL ARMED

The LG Watch Urbane, the Genuine Smartpiece. Equipped with Android Wear, it can send texts, deliver notifications, give turn-by-turn directions, sync and play your favorite tracks, and more. With its interchangeable leatherstraps and classic gold or silver finishes, it proves the future of innovation can indeed be timeless.

android wear

Genuine Smartpiece

LG Watch Urbane



LG G Watch R LG G Watch

LG Watch Urbane

©2015 LG Electronics U.S.A. Inc. All rights reserved. LG and Life's Good are registered trademarks of LG Corp. Other trademarks and trade names are property of their respective owners. Screen images simulated. Design, interface & color options may vary.
Android Wear is a trademark of Google Inc.

LG



Be Your Own Pit Master

The best way to get fall-off-the-bone meat? Smoke it. by **DANIEL DUANE**

NOTHING ON EARTH tastes better than smoked barbecue. When a rack of spare ribs or a 10-pound pork butt comes out of the pit with a crisp brown crust and buttery-smooth meat after a half day's worth of cooking, it's nothing short of a culinary miracle. But very few of us have the patience to spend an entire day keeping a grill smoldering at just the right temperature to achieve that glorious alchemy. Yes, it does take a serious time commitment to make proper barbecue, but it's mostly passive time. Plus, many of today's grills are so reliable that you can practically add a hunk of meat and forget about it until it's done, six or eight hours later. It's the time-tested "low and slow" method, which breaks down connective tissue gradually. The key is slow-cooking it in a smoker. The smoke reacts chemically with muscle, browning the exterior and creating the famous "smoke ring," a band of pink meat on the outer edge that's the classic mark of perfect barbecue. To get you smoking everything from ribs to chicken to salmon fillets at home, we hit up four of the nation's top pit masters to share their secrets. No magic required.

Pork Spare Ribs

At Franklin Barbecue in Austin, Texas, the spare ribs are so popular that the line for them is typically 300 people long — at 11 AM. Chef and owner Aaron Franklin says his secrets are easy to duplicate at home. "The first is buying ribs that haven't been enhanced with a solution of salt and preservatives," says Franklin. "That stuff will make the ribs steam instead of smoking properly." (Buy ribs at a local butcher, and avoid labels with language like "Contains a solution to enhance juiciness.") The second is liberally slathering the meat with Franklin's Barbecue Sauce, which creates spare ribs crusted with bark, that unbeatable crunchy coating of meat, smoke, and caramelized sauce.

INGREDIENTS (Serves 4)
2 racks of pork spare ribs
Salt and pepper
Apple cider vinegar
Franklin's Barbecue Sauce

FRANKLIN'S BARBECUE SAUCE
1¾ cups ketchup
½ cup water, plus 2 tbsp
¼ cup apple cider vinegar
¼ cup white vinegar, plus 1 tbsp
4 tbsp brown sugar
2 tbsp Worcestershire sauce
1 tbsp chili powder
1½ tsp kosher salt
1½ tsp coarse black pepper

DIRECTIONS (Cook time: 8 hours)
1. Preheat smoker or charcoal grill (see opposite page) to a medium-low heat, ideally 275°.
2. Season ribs heavily with salt and pepper, then set on the grill, meat side up. Use a spray bottle to spritz ribs with apple cider vinegar; close smoker lid.
3. Make barbecue sauce by combining all ingredients in a small pot and simmering over medium heat for a few minutes. Let cool.
4. Two hours into cooking, spritz meat again with apple cider vinegar.
5. After 3 hours, spritz ribs again and brush with sauce. Turn ribs over, spritz the bone side, and brush with sauce. Close smoker lid and wait 15 minutes.
6. Tear off 2 pieces of aluminum foil, each large enough to enclose 1 rack. Spritz one side of foil with cider vinegar and brush with sauce. Lay a rack of ribs on each. Wrap tightly around ribs and crimp closed.
7. Cook 2 hours in smoker or in a 275° oven. Let ribs rest 20 to 30 minutes before serving.

SERVING
Cut into individual ribs and serve with additional barbecue sauce, plus coleslaw or collard greens.

ILLUSTRATION: CHRIS PHILPOT

photographs by **TRAVIS RATHBONE**



Smoke-housed for 12 hours. Lasts 12 seconds.

At *Oscar Mayer*, we take our time by curing all of our bacon for 12 hours, then it's on to our natural hardwood smokehouse for another 12 hours. Because bacon this good can't be rushed.



It's Bacon Made Better. It's ***Oscar Mayer.***



Whole Chicken

Everybody loves barbecued chicken, but all those thighs and drumsticks demand a lot of fussy attention, and they cook too fast to soak up that rich smoky flavor. The solution, says Ryan Farr, author of *Whole Beast Butchery* and the chef-owner at 4505 Burgers & BBQ in San Francisco, is smoking the whole chicken. "Whole chickens are cheaper than parts, and it's easier to get crispy skin," Farr says. Plus, the meat stays juicier when you cook it in bigger pieces. Farr punches up the taste by brining the chicken first, then rubbing it all over with harissa, a North African chili paste.

INGREDIENTS (Serves 2)
1 large chicken (5 to 6 lbs)
2 tbsp harissa
Salt

CHICKEN BRINE
1 gallon water
1 cup salt
1 head garlic, cut in half
1 lemon, cut in half
¼ cup honey
4 bay leaves
2 sprigs fresh thyme
2 sprigs parsley
1 tbsp whole black peppercorns

DIRECTIONS (Cook time: 3 hours)
1. The day before, put all brine ingredients into a large pot and bring to a boil. Stir to dissolve salt, then let cool. Place chicken in cool brine; refrigerate overnight.
2. Remove chicken from brine and dry with paper towels. (If you have time, let chicken dry in the fridge for several hours. This will help the skin crisp during cooking.)
3. Preheat smoker or grill to low heat (around 200°). Rub harissa over outside of chicken, then salt liberally. Set chicken on smoker grate, breast side up, and close lid. Check meat's internal temperature after 1 hour. It's done when a thermometer inserted into a thigh reads 160°, typically 2½ hours.
4. Remove chicken from smoker and let rest 45 minutes.

SERVING
Remove the backbone by making cuts with poultry shears up both sides of it. Flip chicken over, and cut up the middle of the breast to get 2 equal halves.

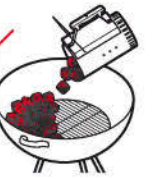
Farr serves his barbecued chicken with a fresh salad and what he calls an Alabama white sauce. "Just mix up some mayo, chopped pickled jalapeños, and some of that pickling juice," Farr says. "Add a dash of Worcestershire sauce, some ground coriander, black pepper, and salt, and mix it all together."

Pit master secret: SPRITZ THE MEAT
To add flavor and keep your meat moist, buy a spray bottle and spritz it occasionally while cooking. Just do it sparingly: Every time you open the lid, all that precious wood smoke escapes. For spritzing, you can use everything from orange juice to Dr. Pepper. The most common choice is apple cider vinegar.

TRANSFORM YOUR GRILL

How to turn your Weber into a smoking machine.

1



• **Light the charcoal** Use a chimney starter, and once the flames die, pile the coals to one side of the grill. Make sure the vents are clear. If you're using wood chips instead of blocks, soak them in water for 15 minutes; they'll burn slower.

2



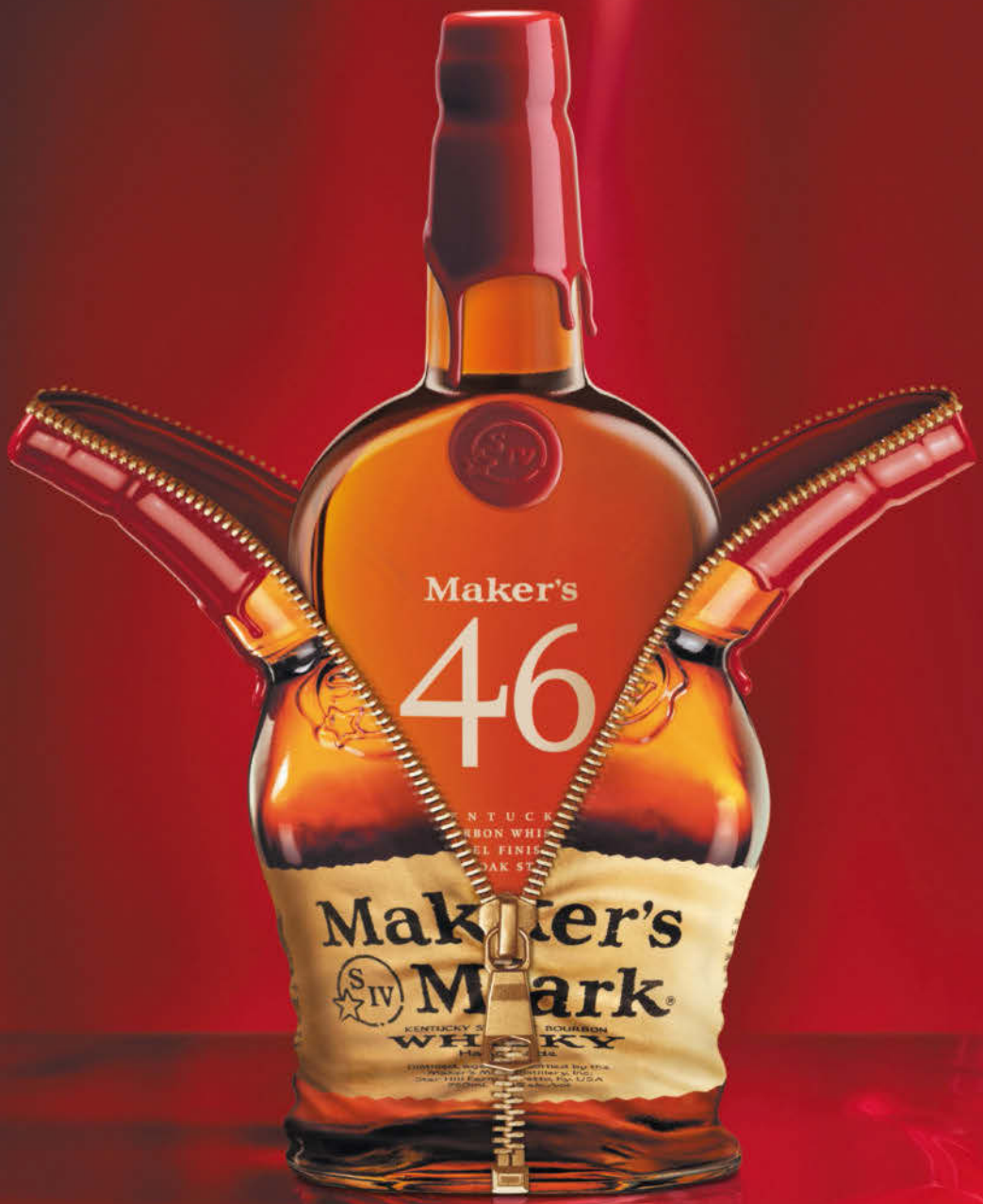
• **Place a pan of water next to the hot coals** This adds moisture while cooking, as the water evaporates.
• **Add the wood chips** Drop them on top of the hot coals. Put the grate on, and close the lid.

3



• **Start cooking** The grill is ready when smoke pours out of the vents. Add meat on the side opposite coals.
• **Adjust the heat** You can raise the temperature by opening the vents wider, or lower it by closing them. No thermometer? Estimate the temperature by placing your hand a few inches above the grill: If you can hold it there for 5 seconds, it's about 300°; 10 seconds, 200°. Depending on cook time, you may need to add more coals and wood chips as they burn out.

SLIP INTO SOMETHING BOLD.



Maker's 46® begins as fully matured Maker's Mark.® Then it's finished inside barrels containing seared French oak staves – and only during the cold winter months when bourbon matures more slowly. As a result, Maker's 46® offers bourbon lovers bold vanilla, oak, spice and caramel flavors. But with a smooth drinkability that slides down easy.

THE BOLD SIDE OF MAKER'S.™

WE MAKE OUR BOURBON CAREFULLY. PLEASE ENJOY IT THAT WAY.
Maker's Mark® Bourbon Whisky and Maker's 46® Bourbon Whisky, 45% and 47% Alc./Vol. ©2015 Maker's Mark Distillery, Inc. Loretto, KY

makers46.com

Salmon Fillet

In the 19th century, if you didn't smoke the fish you caught, it would spoil. But it takes time to cook all those fillets, so when smoked salmon became the delicacy we know it as today, most restaurants bought presmoked fillets to avoid the hassle. Not so with Willows Inn on remote Lummi Island, north of Seattle, which has perfected the age-old practice. "The key is to start with good fish," says Willows chef Blaine Wetzel, winner of this year's James Beard Award for best Northwest chef. "The quality of the fish gets amplified — good or bad — through smoking." That's why Wetzel prefers wild salmon, ideally sockeye or king.

INGREDIENTS (Serves 4)

1 fillet of salmon (3 to 5 lbs)
½ cup kosher salt
½ cup white verjuice (or ¼ cup white wine and ¼ cup white wine vinegar)
½ cup melted unsalted butter
½ cup brown sugar

DIRECTIONS (Cook time: 8 hours)

1. The day before, make a brine by combining a quart of water with a half cup of salt. Bring to a boil; stir to dissolve salt. Remove from heat. Stir in 2 lbs of ice to chill brine.
2. Using needle-nose pliers or tweezers, remove all pin bones from fillet.
3. Once the brine is cold, place fillet in a large baking pan, and pour the brine over the fish until it's submerged. Brine 35 minutes, then remove fish, rinse under water, and set on a drying rack over a baking pan. Refrigerate overnight, uncovered.
4. Preheat smoker or grill to as low a temperature as possible (ideally 110°). "The idea is to smoke it as long as you can without quite cooking the fish," says Wetzel.
5. Meanwhile, make a glaze by combining the verjuice, butter, and brown sugar in a small pot. Heat to a simmer, stir to combine, and remove from heat.
6. Set salmon, skin side down, on grill. Smoke for 6 hours, brushing with glaze every 2 hours.
7. After 6 hours, increase smoker temperature slightly (to 200°), and smoke for 30 minutes more.

SERVING

Set the fillet on a cutting board, and let people pick it apart with their fingers. Make sure to smoke a big batch, because the leftovers are just as good. To save them, wrap what's left in tin foil. Pop it in the oven to warm before serving, or use it for an easy salmon spread: Mix together ¼ lb smoked salmon, finely chopped; juice from half a lemon; a little minced dill; a pinch of salt; and ½ cup crème fraîche or sour cream.

Pit master secret:
FRY THE SALMON SKIN
Once you pick off all the salmon meat, cut the skin into long strips and shallow-fry it in a little oil. "It puffs up just like a pigskin chicharrón," says Wetzel.

SMOKING MADE EASY

Smokers now come in dozens of styles and prices. Here's the best one for your money.



Sure, it's an investment at $700, but **Traeger's Lil' Tex Elite Pellet Grill**, which features a wood-pellet hopper and an electronic thermostat, is so simple that it's worth it. All you have to do is switch on the power, turn a dial to your desired temperature, place your meat inside, and go about your day. It'll maintain that exact temperature all day long.



FOOD STYLING BY CHRIS LANIER FOR APOSTROPHE; PROP STYLING BY WENDY SCHELAH FOR HALLEY RESOURCES



Beef Short Plate

When people think of barbecued beef, they usually think of brisket, because of the way the cut tenderizes in a smoker. The problem with brisket, says chef Quinn Hatfield, owner of the new L.A. smokehouse Odys & Penelope, is that one part of it is thick and fatty while another part is thin and lean, "so the whole brisket never comes out amazing." His fix is to use the so-called beef short plate, an evenly marbled cut from the front belly of a cow. Typically cut into short ribs, the short plate smokes up beautifully when cooked whole. "One hundred percent of it comes out like the best brisket you've ever eaten," says Hatfield. Most butchers carry short ribs, and that's a fine substitute, but to get your hands on a short plate, you'll need to order ahead. Trust us, it's worth it.

INGREDIENTS (Serves 4)

1 piece of beef short plate, on the bone
Canola oil
Salt and pepper

DIRECTIONS (Cook time: 8 hours)

1. Preheat smoker or grill to medium-low heat (250°).
2. Brush meat with canola oil, then season with lots of salt and pepper.
3. Set meat on smoker grate, rib side down. Cook until a thermometer stuck into middle of meat reads 200°, about 8 to 10 hours.
4. Let meat rest off the smoker for 30 minutes before carving, so juices don't bleed out.

SERVING

Pull meat away from the ribs with a fork and carve into long slices. Or make lengthwise cuts between the bones to create 4 immense bone-in servings. You can add barbecue sauce, but it'll taste brilliant without anything at all.

Pit master secret:
WAIT OUT THE STALL
For the first few hours of smoking brisket or short plate, the temperature will climb quickly. But after 4 or 5 hours, it will stall between 170° and 190°. Wait out this stall, and check the temperature every 20 minutes or so. At around the 8- or 9-hour mark, it will climb to the ideal 200°.

MICHAEL PIRROCCO (WOOD CHIPS)

KNOW YOUR WOODS

Every type of wood smoke has its own distinctive flavor, and there are no strict rules for pairing them with meat. If possible, buy the wood in chunks, not chips* (chunks smoke longer), and use these simple guidelines.



HICKORY
Tastes like bacon. Pair with anything, especially pork.



APPLE
Sweet and fruity, it's great with beef, poultry, and pork.



ALDER
Delicately flavored and perfect for fish, especially salmon.



MESQUITE
Powerfully flavored, it's a classic with beef and lamb.

*You can buy wood chips at Home Depot or Walmart, and wood chunks online at cameronsproducts.com.

Summer's Best Reds

How to pick the perfect wine for barbecue season. by **MICHAEL STEINBERGER**

WHEN IT COMES TO WINE and summer, conventional wisdom would have you believe that the only one worth sipping is a chilled white or rosé — or, if it must be a red, a Beaujolais, a lighter style from the French region of the same name. But there are so many more reds worth drinking than just a Beaujolais.

You'll still want a wine that's light and refreshing and can stand being chilled, just like a white. That's why it's best to stay away from those with more than 14 percent alcohol, which tend to be overbearing in the heat, and those high in tannins — such as recent-vintage Bordeaux, Barolos, and Napa cabernets — whose slightly bitter taste will often be accentuated. Instead, look toward pinot noirs, cabernet francs, riojas (tempranillo-based wines made in Spain), and other bottles that weigh in under 14 percent. Here are five perfect wines to turn to when it's time to uncork one in your flip-flops.

2013 LOUIS-ANTOINE LUYT CINSAULT *($22)*
Luyt, the winemaker behind this Chilean red, is a transplanted Frenchman who makes some of South America's most compelling bottles. Juicy and loaded with peppery spice, it's a pleasantly distinctive wine.

2013 HERMANOS DE PECIÑA "SEÑORÍO DE P. PECIÑA" TINTO COSECHA *($15)*
Peciña is one of Spain's best producers of traditional riojas, and this one is fantastic, with an agreeably tart taste and a long finish. The price is right, too.

2012 VIÑA SASTRE *($22)*
Although this Spanish red, made entirely from tempranillo grapes grown in the Ribera del Duero region, contains 14 percent alcohol, it drinks lighter than that, thanks to its good acidity. It's a terrific barbecue wine.

SHINN ESTATE VINEYARDS RED *($16)*
From one of Long Island's best wineries, this is a blend of multiple grapes — mainly merlot and cabernet franc — with good complexity and depth of flavor. It's an excellent match for grilled chicken.

2011 G.D. VAJRA LANGHE ROSSO *($16)*
This blend from Italy's Piedmont region is medium bodied with pleasantly tart fruit flavors. It's one of those reds that you can chill for a few minutes, then enjoy in the sun on the back patio.

THE CHILL FACTOR
Red wines usually taste their best at 50 to 65 degrees. Since summer temps swell well beyond that, refrigerate for 10 minutes before uncorking.



PROP STYLING BY WENDY SCHELAH FOR HALLEY RESOURCES

photograph by TRAVIS RATHBONE

Saving People Money Since 1936

... that's before the modern treadmill.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO®



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO

BOOKS

A Writer's Life in the Waves

William Finnegan's new memoir recounts his adventures sizing up the waves — and himself — at the best surf spots on five continents. by **ROB FISCHER**



Finnegan surfs near his home in New York City between reporting assignments.

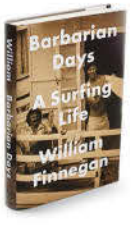
AT THE ARRIVAL OF A SMALL swell in May, author and journalist William Finnegan drives his Lexus SUV along the southern coast of Long Island, searching for a wave. A master of nonfiction, just as likely to report on the cartels of Mexico as on the chaos in Somalia, he's also spent much of his life in the lineup at some of the most challenging surf breaks on the planet. He's wearing a brown and gold flannel shirt and a tan ball cap, and some collateral damage of endless summers is apparent: His black Vuarnet shades shield a sun-seared case of pterygium, or "surfer's eye"; carcinoma excisions patch his face; and he leans into my questions to compensate for an eardrum perforated falling off waves the size of McMansions.

"Trying to surf certain spots, and surf them well, has got its analogies to reporting and writing," he says. "But there are some occasions at some waves when the conditions are good, and the crowds aren't bad, and you can't do anything wrong. It's the very rare writing project that feels like that."

In his new memoir, *Barbarian Days: A Surfing Life*, Finnegan describes, with shimmering detail, his adventures riding waves on five continents. Surfing has taken him places he'd never otherwise have thought to go, but it also buoyed him through a career reporting on the politics of intense scarcity, limitless cruelty, and unimaginable suffering. It's a book about travel and growing up, and the power of a pastime when it becomes an obsession.

Finnegan, now 62, was raised the oldest son of TV producers in Los Angeles and Hawaii. After college in Santa Cruz, he worked as a brakeman on the Southern Pacific Railroad and studied creative writing in Montana; he aimed to write a great American novel about trains. Then he spent the rest of his twenties circumnavigating the globe, eking out a life at the top surf spots in the South Pacific, Australia, Indonesia, and South Africa. "I wanted to learn new ways to be," he writes. "I wanted to change, to feel less existentially alienated, to feel more at home in my skin, as they say, and in the world."

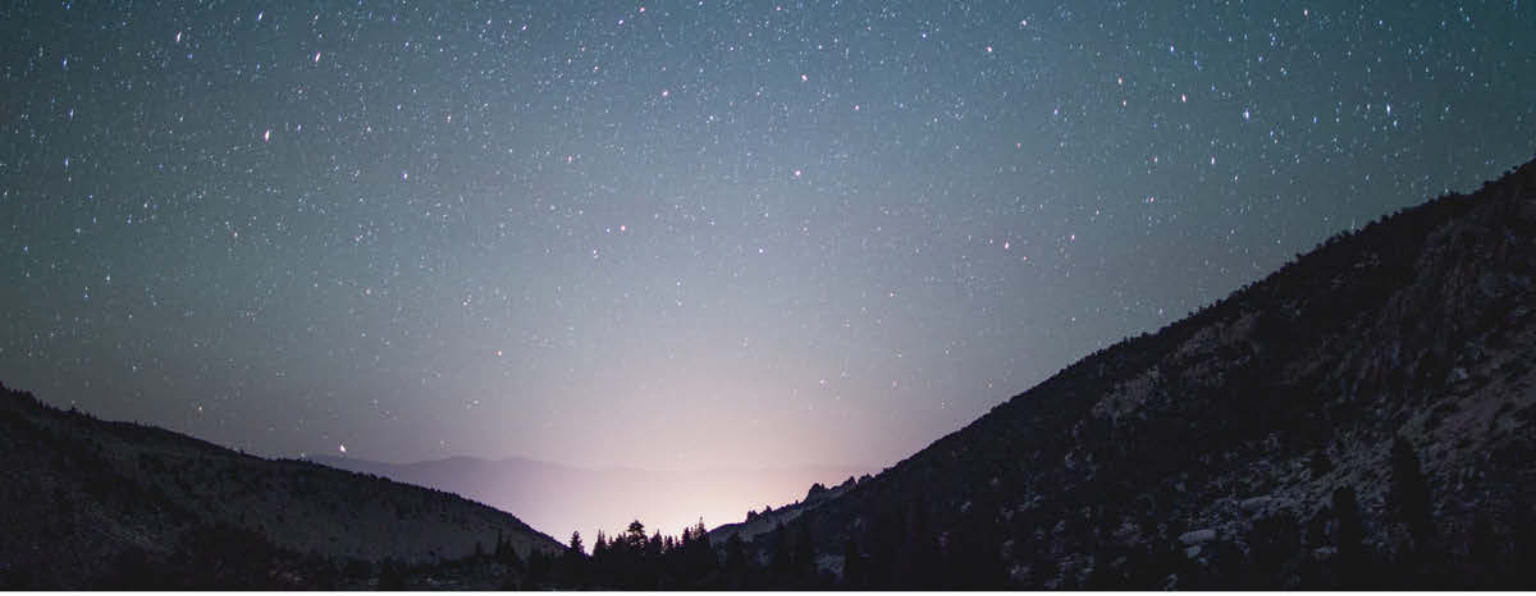
While exploring the 330 islands that constitute Fiji, Finnegan and his surf buddy seized upon a harborside rumor about a wave that peeled the length of three football fields. After a series of sweltering bus trips, and many negotiations with local fishermen, they reached a snake-infested tract of palm and sand — the only sign of human life was a rickety fish-drying rack — and waited. When a swell finally arrived nine days later, the wave's near perfection seemed to Finnegan "like some kind of recurring miracle." Today that island, Tavarua, is considered one of the best wave spots in the world; it's home to a well-appointed resort that hosts an annual stop on the pro-surf tour. By Finnegan's account, he was the third person ever to surf it.



About two years into the voyage, having exhausted his savings from working on the railroad long ago, he landed a job teaching high school in Cape Town during the anti-apartheid protests. "I was probably the only American in the whole scene," he says, "certainly the only American teaching in the schools that were on strike." He had published a few articles during his travels (he was still mainly laboring on that train novel), and editors in the States clamored for coverage of the violence. "It was so intense, the real situation, that I couldn't even think of American journalism," he says. "I mean, who cares what an American magazine fucking thinks? This is life and death here."

But a young student-protest leader encouraged him to go home and write. In 1982, after nearly four years abroad, he returned to his family's home in Los Angeles. "I was completely broke," he says. "I turned 30 staying with my parents. I just felt like such a loser." He and his future wife, whom he'd met in Cape Town, moved to San Francisco, where he set to writing his first book, *Crossing the*

photograph by **ROBERT WRIGHT**



#haveKINDLEwillTRAVEL

@JORDANHERSCHEL, LAKE SABRINA | Amazon gave me the Kindle Paperwhite to bring on my next trip. I went to a secluded lake off CA 168 west of Bishop. As I read *Into the Wild* I found that travel can turn stories into experiences.

Follow more journeys on Instagram **@AMAZONKINDLE**

kindle

amazon



ON NEWSSTANDS NOW

Line, an account of his time in South Africa. He also began contributing pieces to the *New Yorker* — his literary home ever since — and surfed 10-foot faces at Ocean Beach.

Around that time, a surf magazine published a list of the 10 best waves in the world. "I was startled to see that I had surfed nine of them," he writes. "I didn't particularly like seeing those names there. They were famous spots, but they felt like private matters." Incredibly, Tavarua, easily the best wave of his life, wasn't on the list — the world didn't know about it yet.

Finnegan's success as a writer only strengthened his drive to surf. During a decade when he reported on major conflicts from Sudan to the former Yugoslavia, he routinely retreated to the Portuguese island of Madeira to surf waves so big that, ducking beneath incoming sets, he could hear "rocks the size of filing cabinets being lifted off the bottom." After a violent election in war-torn El Salvador, during which three journalists were killed (Finnegan witnessed one of them pronounced dead), he decamped to a world-class wave an hour south of the capital: "Surfing was an antidote, however mild, for the horror." A few years later, while reporting a piece on skinheads in the suburban sprawl north of Los Angeles, one of his subjects stabbed a rival to death at a party. Finnegan headed to Malibu for a dawn session. "I felt spiritually poisoned — some acrid cocktail of anger, sadness, hopelessness — by the story," he writes. "Surfing had never made more sense."

Out on Long Island, only knee-high springtime mush laps at the dunes. Finnegan reminisces about recent winter sessions outside Manhattan, where he's lived since 1986, in water barely above freezing. He could not sound more stoked. "Too bad there's not more swell!" he cries. "Because there are so many good waves out here."

We get into the water anyway, wearing thick hooded wetsuits, and Finnegan quickly catches a waist-high set wave on his Rusty short board. "It's almost like I didn't have any choice about it," he says on the ride back to the city. "That's how I've always felt about surfing. There's nothing to say about it. It's just what I do." ■



Finnegan fell in with a group of Australian sailors and surfers in Fiji in 1978.

FROM TOP: COURTESY PENGUIN PRESS; MICHAEL PIRROCCO

SUMMER READS

Tales of Distant Lands

A pair of new books explores boxing in Cuba and separatists in Spain.

THE DOMINO DIARIES
BY BRIN-JONATHAN BUTLER

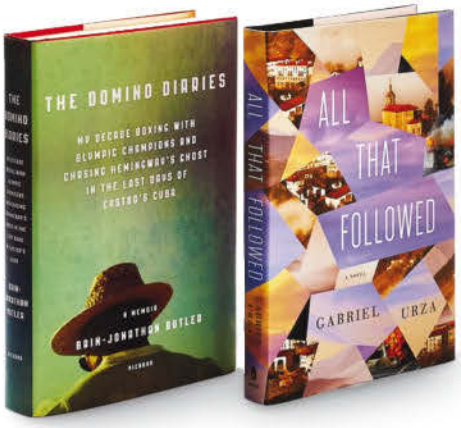
As a teenager in Vancouver, the author of this new memoir was devoted to two things: boxing and books. After hours spent training and page-turning, he begins to perceive that Cuba — where some of the best boxers in the world fight for almost nothing and novels are routinely banned — values his pair of passions more than anywhere else.

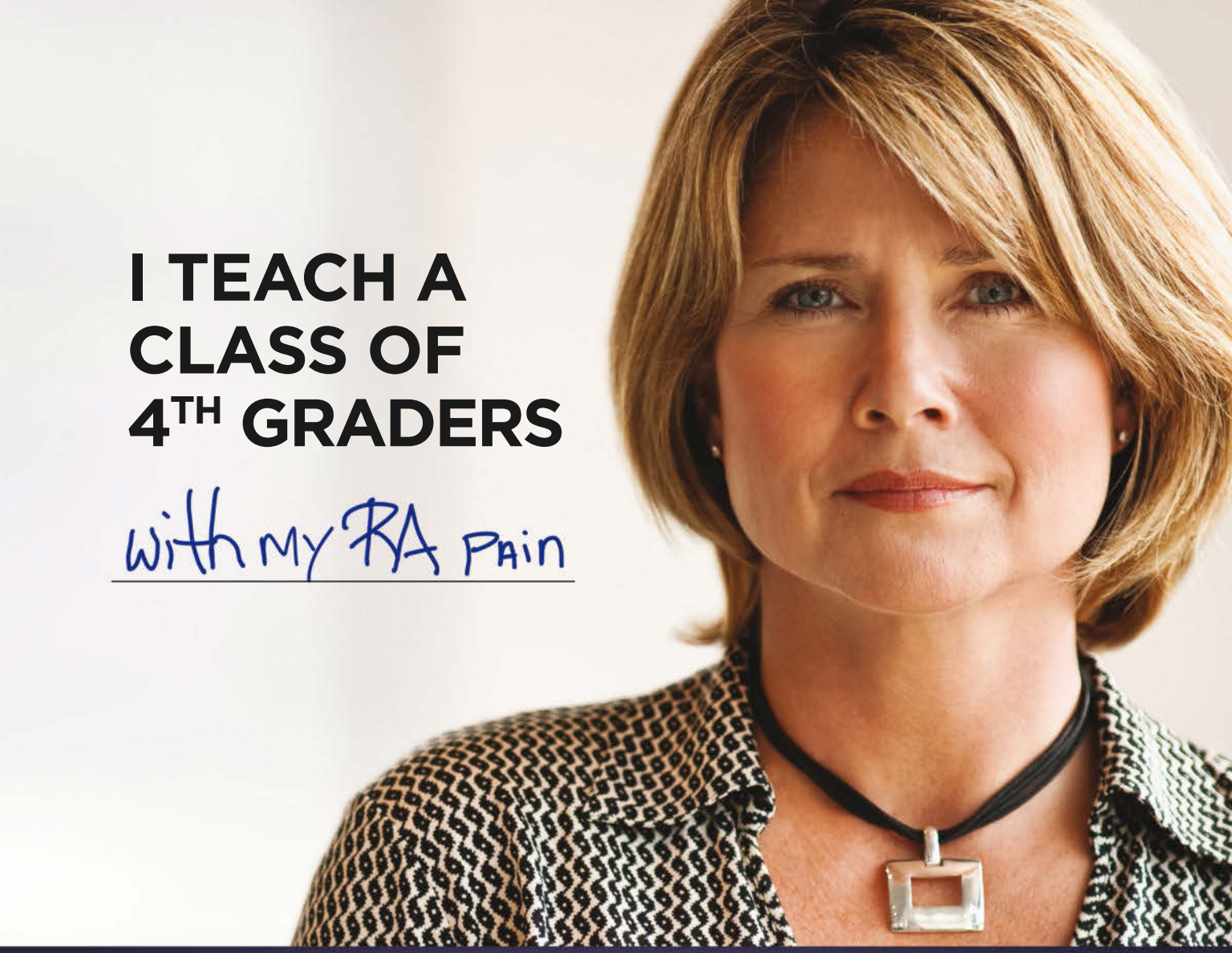
He plans a trip, intending to score a world-class boxing coach for a bargain and meet the 103-year-old protagonist of Hemingway's *The Old Man and the Sea.* Remarkably, he accomplishes both, all while humorously dissecting the contradictory customs that flourish in the land of Castro. After all, this black-market nation is also a police state. But his true discovery, over a decade visiting with the country's philosophers, Olympians, criminals, and bureaucrats — in other words, the proletariat — is that the real treasure in Cuba is its people.

ALL THAT FOLLOWED
BY GABRIEL URZA

This novel from a part-time public defender of Basque descent is more than just a mystery story. A terrorist attack in Madrid prompts a small community in Basque Country to reexamine a miscarriage of justice. Five years earlier, a politician was kidnapped and murdered, and a young radical accused and convicted of the crime. But at least three of the town's inhabitants know a deeper truth about the man's demise.

Everyone else in this rain-soaked outpost, though, is too busy eating and drinking, watching sports, and bickering about national politics to realize the dark secret festering in their midst. Told interchangeably from the perspectives of an old American-born English teacher, the politician's attractive widow, and the accused murderer, the well-paced narrative reveals more than whodunit: It's a meditation on how time and place dictate our deepest loyalties and cause us to do unimaginable things. —R.F.





IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

Visit **RethinkRA.com** to order your free **RethinKit** today.

Pfizer Copyright © 2013 Pfizer Inc. All rights reserved. April 2014 TRA563107-01

STYLE & DESIGN

WHAT'S NEW



Surfboards Get Space Tech

To go fast, you need a strong board that bends. Piety's Beau Irvine shapes boards like the **Wavefarer** from a lightweight foam derived from aerospace technology. "The uniform density gives uninterrupted flex and a lively feel," he says. *$800; pietysurfboards.com*

The Cleaner Water Filter →

"There's concern for what we eat, but it's also important to consider what we drink," says Alex Totterman, CEO of **Cove**. He claims the new filter removes chemicals and heavy metals others don't, so your drinking water is as clean as the device's modern design. *$249; drinkcove.com*





A Deluxe Cruiser

"People buying a low-priced bike deserve great design," says An Le, global marketing director at Giant, maker of the **Momentum Street**. This modern take on the classic cruiser has an integrated cup holder and luggage rack, plus a lightweight aluminum frame and seven-speed drivetrain, to help more people have fun on two wheels. *$425; pedalmomentum.com*



The Sturdy Hauler →

Big enough for a pair of sneakers and a change of clothes, the **Caputo & Co. Canvas Leather Duffle** is an ideal companion for a summer getaway. Itsrugged 12-ounce cotton canvas bodystands up to a weekend at the shore,while a leather flap shields the topzipper from the elements. *$350; caputoandco.com*



A Site for Rare Prints

Vintage movie posters, like this one from the 1964 Sergio Leone western, are hard to find. **Limited Runs** works with reputable dealers, making it easy to locate an original. *limitedruns.com*

The No-Apologies Convertible

A topless German coupe proves it's more than a summer fling. by JESSE WILL

TO PURISTS (among them, engineers), driving the convertible version of a taut performance coupe is a little like seeking out the best gluten-free baguette in Paris. They gripe about the extra weight that comes in most convertibles and about the loss of torsional rigidity that comes when you lop off a car's top half. In 1986, BMW made 5,000 of its new M3 performance coupes, mainly to qualify it for a distinguished race series. It took two years of customer requests before they made a drop-top M — probably after some BMW engineers lost their shit "compromising" their freshly minted masterpiece — but the heart wants what the heart wants.

Jump forward a quarter century and BMW's hard-core sportster is now in its fourth generation, only now the two-door is the M4, while the four-door is the M3. And though the most brittle wing of the gearhead purist set may still scoff at a convertible iteration of its sporty golden child, we prefer it. Here's why: Those same BMW engineers managed to erase the headaches and compromises once inherent in driving a convertible, from leaky roofs that were slow to rise to cabin acoustics that forced you to shout at Courtney Love decibels to aerodynamics that kept drop-top season to a fortnight everywhere but in the Sun Belt. And in regard to stiffness: BMW boosted it 60 percent over the previous generation. Click the adaptive suspension to Sport Plus mode, and ride as hard as your passengers' intestinal fortitude will allow.

But the real reason for going topless: a visceral experience no hardtop can match. In open air, the sensation of speed is immense, and exhaust notes smack around underpass walls and straight into your cortex. Whale on the carbon-ceramic brakes and you can smell 'em. Under the domed hood is a relentless powerplant. Though the prior version carried a V-8, BMW opted for a twin-turbocharged inline-six engine. The result is more horsepower (425) much more urgently and bigger portions of torque available more of the time. So instead of waiting for peak power at high RPMs, you're almost always in the engine's sweet spot. Push it and the inline-six delivers a thick, hoarse wallop en route to a 4.2-second scramble to 60 miles per hour. The resulting Bavarian operetta isn't dissimilar to an F1 race played through 5.1-channel surround. Yes, it sounds better with the top down.

Like the coupe, this M4 is loaded with high-tech smarts. A torque-vectoring differential doles out power to the rear wheel that needs it, enabling consummate traction. Adaptive LED headlights curve in the direction you're steering, tempting you to go harder in the twisties after dark. And if you think your work behind the wheel is worth sharing, strap a GoPro to the hood, pair it wirelessly with the 10-inch touchscreen, and review your camera angles live.

But will you still love it after Labor Day? Sinatra called the summer wind a fickle friend, but he might as well have been talking about drop tops: The fun fades when you raise the roof. Of course, BMW's engineers are all over delaying that moment, with aero tricks that divert wind around the cockpit to keep out the chill — and allow you to talk to your passenger without straining your vocal cords. Set up a windscreen and your hair remains almost intact. (This is a godsend for those of us with a forehead roughly the span of Alberta's tar sands.) "Air collars" (basically vents), which force hot air down your back, appear for the first time in a BMW. You become impervious to the cold, like a surfer in Scotland wearing a six-millimeter wetsuit. The M4's heated seats are so effective that you could set a frozen Hot Pocket on the passenger seat on your way home from work, and dinner would be ready by the time you arrived. Or better, eat it on the road, top down, well into football season. Leave it to the engineers to invent the endless summer. ■



BMW's M4 convertible



MAZDA'S MX-5: THE LIGHTWEIGHT CHAMPION

Though it's a glorious indulgence and a feat of engineering, there are two valid negatives on the M4: It's pricey (from $72,500) and heavy (4,055 pounds). Even if one of those is a deal-breaker, don't ditch your drop-top dreams just yet. Turn your attention to Mazda's revamped MX-5. Despite added safety tech (and more power), the car takes on the basic dimensions and heft of its 1989 debut. The Miata's fourth-generation model starts at under $25,000 and hits the scales at 2,300 pounds. Why should we care? Because the lighter the car, the less force needed to make it go — or stop — quickly and, generally speaking, the more enjoyable it is to toss around turns.

The MX-5's engineers strategically swapped in aluminum parts for steel in spots, while eliminating other inefficiencies along the way, resulting in a 150-pound drop from the outgoing model. As a result, the relatively modest two-liter, 155-horsepower motor should provide just enough zip, while better balance front-to-back and a lower center of gravity should get it closer to the primal, direct dynamics of a go-kart. And though the MX-5's compact size and sprightly looks won't ever communicate a sense of gravitas, this redesign is the sharpest-looking Miata yet, lower and wider, pinched-looking and meaner, too. But it's not just a ride for purists. For the first time, you can opt for a seven-inch nav screen, with Bluetooth and a nine-speaker sound system. There's also an impressive array of safety tech like blind-spot monitoring, a lane-departure warning, and rear cross-traffic alert — though if you're driving the MX-5 as intended — top down — you shouldn't have much use for them. **—J.W.**

© 2015 Kraft Foods

Oscar Mayer



NO ARTIFICIAL PRESERVATIVES, FLAVORS OR COLORS
+ NO FILLERS OR BY-PRODUCTS
+ NO ARTIFICIAL INGREDIENTS
YES!



It's Yes Food. It's Oscar Mayer.

Low Tech, High Style

Mechanical watches that will never go out of fashion.

by **DEREK WONG**

THESE DAYS all the hype in the watch world is about gadgets that track your steps, monitor your sleep, and even make calls through your phone. But when making an investment in a serious timepiece, you don't want something that requires the latest software update. You want a device that you can pass down to your kids. "Smart watches are very of-the-moment," says Kilian Muller, Tag Heuer's North American president, "but mechanical watches are timeless." The technology in all these models, a series of gears and wheels that rotate the hands, is hundreds of years old, meaning they will work just as well — and look just as good — when the latest e-watch seems as cutting-edge as your old BlackBerry.



1. IWC PORTOFINO AUTOMATIC *($4,900)*
Its watches are known for their large faces, but IWC's most iconic model is the smaller (40mm) Portofino. "We introduced it in the 1970s," says Edouard d'Arbaumont, IWC's North American president, "and the design has stayed pretty much the same." You can attribute its longevity to its simplicity: sleek hands, a discreet date display, and a stainless steel case. *iwc.com*

2. TAG HEUER CARRERA *($3,300)*
"This one was inspired by auto racing," says Muller. "It has a big, open face, so a driver can easily look at the elapsed time." Such minimalism, and the polished steel case and anti-scratch sapphire crystal, makes the Carrera a perfect travel option for when you need to go from business meeting to casual night out with some adventure in between. *tagheuer.com*

3. ROLEX CELLINI TIME *($15,200)*
If you're splurging on a one-of-a-kind watch, make sure it's worth the price. The Cellini's 18-karat-gold case was cast in Rolex's own foundry, and the self-winding movement is exclusive to the company. A black alligator-leather band, a domed sapphire crystal, and white-gold hour markers round it off. *rolex.com*

4. MONTBLANC STAR DATE AUTOMATIC *($2,875)*
The most noticeable aspect of this timepiece is the guilloche grooves, a series of tiny engravings on its face. The classic styling — small date window and straight baton hands — comes with a modern twist: a transparent sapphire-crystal case back, so you can see its self-winding mechanical movement in action. *montblanc.com*

STYLING BY CHRISTOPHER STONE FOR HALLEY RESOURCES

photograph by **GREG BROOM**



Everything we do best.
All under one panoramic sunroof.

The new Volkswagen Touareg TDI® Clean Diesel. Let the sun shine down through the available panoramic sunroof* on every luxurious detail in the new Touareg, the pinnacle of German craftsmanship. Get comfortable in its 8-way power-adjustable heated front seats and enjoy available new features, like Lane Departure Warning, Autonomous Emergency Braking,** and Adaptive Cruise Control – all of which help offer the invaluable amenity of more confidence on the road. It's everything we've perfected, perfectly combined. **Isn't it time for German engineering?**

Das Auto.

vw.com

*Available only on select trims. **Do not rely solely on Front Assist with Autonomous Emergency Braking. It is designed to help minimize the effects of certain collisions and is not a substitute for attentive driving. This feature has important limitations; see Owner's Manual for further details. ©2015 Volkswagen of America, Inc.



This face doesn't lie. It's into sports.

vívoactive™ AVAILABLE NOW

The GPS smartwatch that lets you sweat more
without being tethered to your phone.

Garmin.com/vivo

GARMIN®

©2015 Garmin Ltd. or its subsidiaries



The Only Three Supplements You Need

While many vitamin and mineral formulas are ineffective, most men can get real benefits from a simple regimen of these key supplements. Here's what to take and how to get the best quality. *by* MELAINA JUNTTI

DIETARY SUPPLEMENTS have taken a beating lately. A barrage of damning new reports suggest that millions of Americans are being bamboozled by products that are understudied, unproven, and unnecessary.

However, many researchers and physicians agree that there are three supplements men should take for optimal health. "No matter how healthy your diet, there are certain nutrients — magnesium, vitamin D, and omega-3 fatty acids — that most men lack," says Frank Lipman, an integrative physician in New York City. Deficiencies in these three particular areas can yield a whole host of health problems, studies show.

Here, why we're missing the mark on these essential nutrients, how to get enough, and what brands to trust. (We consulted with ConsumerLab, which conducts independent tests on supplements to ensure they contain exactly what the labels claim and are free of toxins.)

Magnesium: The Body's Engine

"Magnesium is the most important mineral for your body," says Dennis Goodman, a cardiologist and director of integrative medicine at New York University. "More than 350 enzymatic functions require it." Those functions regulate everything from metabolism and sleep cycles to blood pressure. With sufficient magnesium, research shows, you may help prevent problems — cardiovascular disease, type 2 diabetes, osteoporosis, and migraine headaches — and alleviate existing ones, such as muscle aches, insomnia, and anxiety.

Goodman says 70 to 80 percent of us are deficient in the mineral, even those who eat lots of leafy greens, nuts, beans, and other magnesium-rich foods. "Soils are usually depleted of magnesium, so vegetables aren't getting enough from the soil," he says.

Another all-too-common problem feeds the deficiency. "Magnesium needs go up drastically with stress," says nutritionist Andrea Rosanoff, co-author of *The Magnesium Factor*. When you're stressed, adrenaline spikes and blood pressure rises, and your cells consume magnesium more rapidly. "It's the difference between the gas you'd need to drive your car very slowly versus in a high-speed chase," she says. "Even with the same amount in the tank, you run out more quickly when speeding."

How much you need Goodman recommends three milligrams per pound of body weight as a maintenance dose, so if you're 165 pounds, take 500 milligrams daily. (If you regularly eat

photograph by **THE VOORHES**

lots of magnesium-rich foods, cut that dose in half.) You can take the pills any time of day, but popping them before bed may help you sleep more soundly, he adds.
Trusted brands Vitamin Shoppe Magnesium Citrate, Solaray Magnesium Asporotate, Life Extension Magnesium (Citrate)

Vitamin D: Boost Strength, Prevent Chronic Disease

Stacks of research link vitamin D deficiency to heightened risk of heart disease, cognitive decline, and even cancer. Studies also show that getting enough of the vitamin can give immediate benefits: D bolsters your immune system to fight off infectious diseases like the flu, and because it ups the calcium you absorb from food, it helps prevent bone loss, which can begin in your thirties.

There's a modern-day reason most of us aren't getting the 2,000 IU of vitamin D many experts say we need: We shun the sun. On average, it takes 10 to 30 minutes of midday UV exposure, without wearing sunscreen, to prompt your body to generate between 10,000 and 20,000 IU of vitamin D, says Dr. John Cannell, executive director of the nonprofit Vitamin D Council. But we can fall way short of that, even in the summer. "Most of us sit at a computer all day, then walk to and from our cars when the sun is too low to produce UV," says Robert Heaney, an endocrinologist at Creighton University. "It doesn't matter where you live. We've evaluated vitamin D statuses of hospital workers in Hawaii and Alaska, and they're exactly the same." Compounding this deficiency problem is the fact that, as you age, your body becomes less efficient at synthesizing the vitamin. According to a report from the Berkeley School of Medicine, a 70-year-old man synthesizes only about a quarter as much vitamin D as a 20-year-old who gets the same sun exposure.

If you're not eating fatty fish like salmon two or three times a week, it's safe to assume you're deficient in omega-3s.

You can't count on food, either. "Even vitamin D–fortified eggs and milk are basically useless," Cannell says. "You would have to drink 50 glasses of milk per day to get enough."
How much you need "As a rule of thumb, get 30 to 35 IU per pound of body weight per day," Heaney says. (So again, if you're 165 pounds, that's about 5,000 IU.) Downing megadoses won't give you more benefit, and it may cause calcium buildup in the blood vessels, cautions JoAnn Manson, an epidemiology professor at the Harvard School of Public Health.

Make sure you buy vitamin D3, not D2. D3 is what you'd make from the sun, while D2 is synthetic and takes longer to convert to a usable nutrient in the body, Heaney says. That means you need higher doses and have to take it more often to get the benefits, he says. Finally, take the pill with a meal. Vitamin D is fat soluble, says Dr. Tod Cooperman, president of ConsumerLab, and you may absorb up to 50 percent more if you pair it with food.
Trusted brands Nature Made Vitamin D 2,000 IU, Source Naturals Vitamin D3, Simply Right Vitamin D3.

Fish Oil: Sharpen Your Mind

You've probably seen recent headlines claiming that fish oil supplements may not help to protect your heart. Dig into the research, though, and you'll see that some small studies show that fish oil doesn't help those *with* heart disease — but doctors and researchers alike still believe that omega-3-rich supplements keep the hearts of otherwise healthy men in good shape, possibly preventing heart attacks. "We know that omega-3s, such as DHA and EPA found in fish oil, lower triglycerides, reduce inflammation, stabilize heart rhythms, and, at higher intakes, help prevent blood clotting," Manson says.

Aside from heart-health benefits, fish oil, she adds, may also sharpen brain function, boost mood, and reduce depression. Several studies suggest it could even help stave off Alzheimer's disease. What's more, Manson says, "because of its anti-inflammatory effects, fish oil may help ease muscle and joint aches and make skin look younger."

If you're not eating fatty fish like salmon and mackerel two or three times a week, Lipman, says it's safe to assume you're deficient in omega-3s. "Fish oil is an easy way to make up for them," he says.
How much you need Aim to get one to three grams of DHA and EPA per day, taken any time of day. Capsule sizes vary, and liquid fish oil tends to be more potent, so be vigilant about label-reading, because there is a small risk of internal bleeding if you go above four grams per day.
Trusted brands Kirkland Signature Natural Fish Oil 1000, Nordic Naturals Ultimate Omega, the Vitamin Shoppe Omega 3 Fish Oil (liquid). ■

THE CASE FOR PROBIOTICS

New research suggests that these gut-healing microbes may do a lot for your health.

The science is young, but a number of recent studies suggest that probiotics — live microbes taken as a supplement — can promote digestion, boost immunity, support heart health, and relieve allergy symptoms by boosting the amount of healthy bacteria in the gut. Gregor Reid, chair of human microbiology and probiotics at Lawson Health Research Institute in Canada, says certain strains may even help speed recovery from workouts, ease anxiety, and lower cholesterol.

Integrative physician Frank Lipman already recommends probiotics to most of his patients. "Everyone's microbiome is out of whack because of poor diet, antibiotics, artificial sweeteners that kill good bacteria, and chlorine in water," he says. And though yogurt, kimchi, sauerkraut, and other fermented foods supply some probiotics, "the amount you get from a capsule or powder is so much greater," he says.

Look for refrigerated bottles of lactobacillus and bifidobacterium containing at least 20 billion organisms per pill (avoid those that estimate the number "at time of manufacture"), refrigerate the pills, and take them with a meal.
Trusted brands: Nature's Bounty Advanced Probiotic 10 and Solgar Advanced Multi-Billion Dophilus.



→ Probiotics in kimchi are proven to fight ulcer-causing bacteria.

STOCKFOOD

TALK WHOLESOME TO ME.



#GetFresh in the freezer aisle.

Meet the hottest thing in fresh-frozen cuisine. **luvoinc.com/wheretobuy**

Look Less Tired

Aging can wreak havoc on your skin, but there are ways to keep your face looking young.

by JENNIFER GOLDSTEIN

YOU KNOW THAT IF YOU take the red-eye or close the bar, you're going to look the worse for wear the next morning. But what explains those days when you look drawn and tired despite a good night's sleep? In a nutshell: getting older.

As we age, cell turnover — the natural process by which skin cells die, slough off, and are replaced by new ones — begins to slow. The longer those skin cells stick around, the dingier they look, which dulls the complexion, says Paul Jarrod Frank, M.D., a dermatologist in New York City. What's more, the skin under the eyes begins to thin, due to diminishing collagen. The result: darker under-eye circles and sagging skin.

Fortunately, there are products that can help you slow down the visible effects of aging. Below is a five-step regimen that, experts say, should show results in four to six weeks.

1. Look More Awake

Better circulation means a rosier complexion. So find a moisturizer with retinol or retinyl palmitate — vitamin A derivatives that improve blood flow, speed cell turnover, and boost collagen. Try Anthony High Performance Vitamin A Facial Treatment, which has retinyl palmitate. *$48; anthony.com*

2. Brighten Your Smile

Stains between the teeth and near the gum line are often caused by plaque, which resists whitening strips and bleaching treatments. Livionex Dental Gel contains organic compounds that penetrate plaque film, resulting in brighter-looking teeth. Use it in place of regular toothpaste. *$20; livionexdental.com*

INTENSIFY MOISTURE

Maintenance is all well and good, but for those mornings when you need to call out the big guns, apply Recipe for Men Under Eye Patches. The pads have algae extracts, which help hydrate the skin, reducing discoloration and puffiness. *$36 for 3 treatments; recipeformenusa.com*





3. Revive Your Eyes

There's no more obvious sign of exhaustion than bloodshot eyes. The fastest fix is drops with vasoconstrictors, which narrow blood vessels, making your eyes appear whiter. (Most old-school drops are proven to be less effective.) Our pick: Rohto Cool Max Eye Drops. *$6; rohtoeyedrops.com*

4. Get Rid of Dull Skin

Exfoliate three times a week with pads that contain glycolic acid, which dissolves the glue-like lipids that keep old, dull-looking skin cells anchored in place. Once that happens, the cells slough off, revealing the fresh skin beneath. Try Malin + Goetz Resurfacing Glycolic Pads. *$48; malinandgoetz.com*

5. Attack Under-Eye Circles

The circles under your eyes are caused by leaky blood vessels and thinning skin. Every morning, apply a cream with peptides, which thicken skin by boosting collagen production, and vitamin K, which targets those leaky vessels. We like Cane + Austin Corrective Treatment Eye Cream. *$95; caneandaustin.com*

PROP STYLING BY WENDY SCHELAH FOR HALLEY RESOURCES

photographs by **TRAVIS RATHBONE**

LESS MESS. MORE BUILDING.



Introducing the **EAS Building Block**—the protein tub made the way it always should have been. With EAS 100% Whey, a built-in scoop holder, and a pop-off lid, it's everything you demand from a protein powder. And nothing you've ever seen from a protein tub. Goodbye, mess. Hello, EAS.

EAS
SPORTS NUTRITION

SAVE $1 ON THE
EAS BUILDING BLOCK
AT **EAS.COM/SPECIALOFFERS**



PAP93103

RADICAL FITNESS
LAIRD HAMILTON

Fitter in Five Minutes

No time for the gym? No worries. Quick bursts of exercise can help you build strength and speed, while burning a ton of calories.



Body-weight workouts can burn 10 calories a minute — if you push hard enough.

FOR MOST people, working out means an hour at the gym, a tough cycling class, a five-mile run. So it's no wonder we find it hard to exercise every day. But you can get a good session in a lot less time using these "micro-workouts," which I created for days when I'm slammed or traveling. All take five minutes or less and can be done anywhere — the office, a park, your hotel room. They'll jack up your heart rate and work your biggest calorie-burning muscle groups. Do them as one-offs, or repeat several times a day. Trust me: You will feel the difference they make in your fitness once you have time for a "real" session.

• **Hindu squat countdown** Perform a squat, sinking as low as possible with your chest up, so your fingertips brush the ground. Explode up as you raise arms in front of you, and immediately squat back down. Start with 20 reps, then do 15, then 10, then five, resting 10 seconds between each bout. The squat strengthens the quads (which helps injury-proof your knees), while this rep scheme instantly raises your heart rate.

• **Power holds** Isolation exercises like wall sits and planks build muscle strength and improve balance. Paired together, they create a two-move total-body workout. Start by holding a wall sit for 30 seconds, thighs as close to parallel with the floor as you can get. Then hold a plank for 30 seconds, hips raised and back flat. Repeat for five minutes.

• **Speed intervals** This combo is a grind, but when it's over, you'll feel like you got more cardio than being on a machine for an hour. Use these four exercises: burpees, jumping jacks, mountain climbers, and sprinting in place. Do each for one minute, all-out, resting 15 seconds in between.

• **Complete body-weight circuit** This hybrid of strength work and cardio will leave you breathless. Start with 10 jumping lunges, exploding up to switch legs in midair. Then get into pushup position with your thumbs and forefingers creating a triangle shape; do 10 pushups. (Triangle pushups better work your triceps.) Last, do 10 bicycle crunches, tapping your elbow to your opposite knee each time. Repeat the circuit as many times as you can in five minutes. Good luck. ■

THE BODY LAB
BY DAVID REAVY

3 MOVES TO FIX THE SHOULDER SLUMP

I constantly see patients with "the shoulder slump," that rounded-forward posture you get from a life spent working at a desk, driving, texting, and holding kids. All those activities can pull the 17 muscles attached to your shoulder blades out of position and mess up your posture. Do nothing and even basic exercises — pushups, pullups — can lead to rotator-cuff tears, shoulder impingements, and the neck tension that causes headaches. These moves attack the slump and build stability by releasing tight muscles in the front of your body while strengthening those in your upper back. Do these exercises in order, at least three times a week. You'll need only a few minutes.

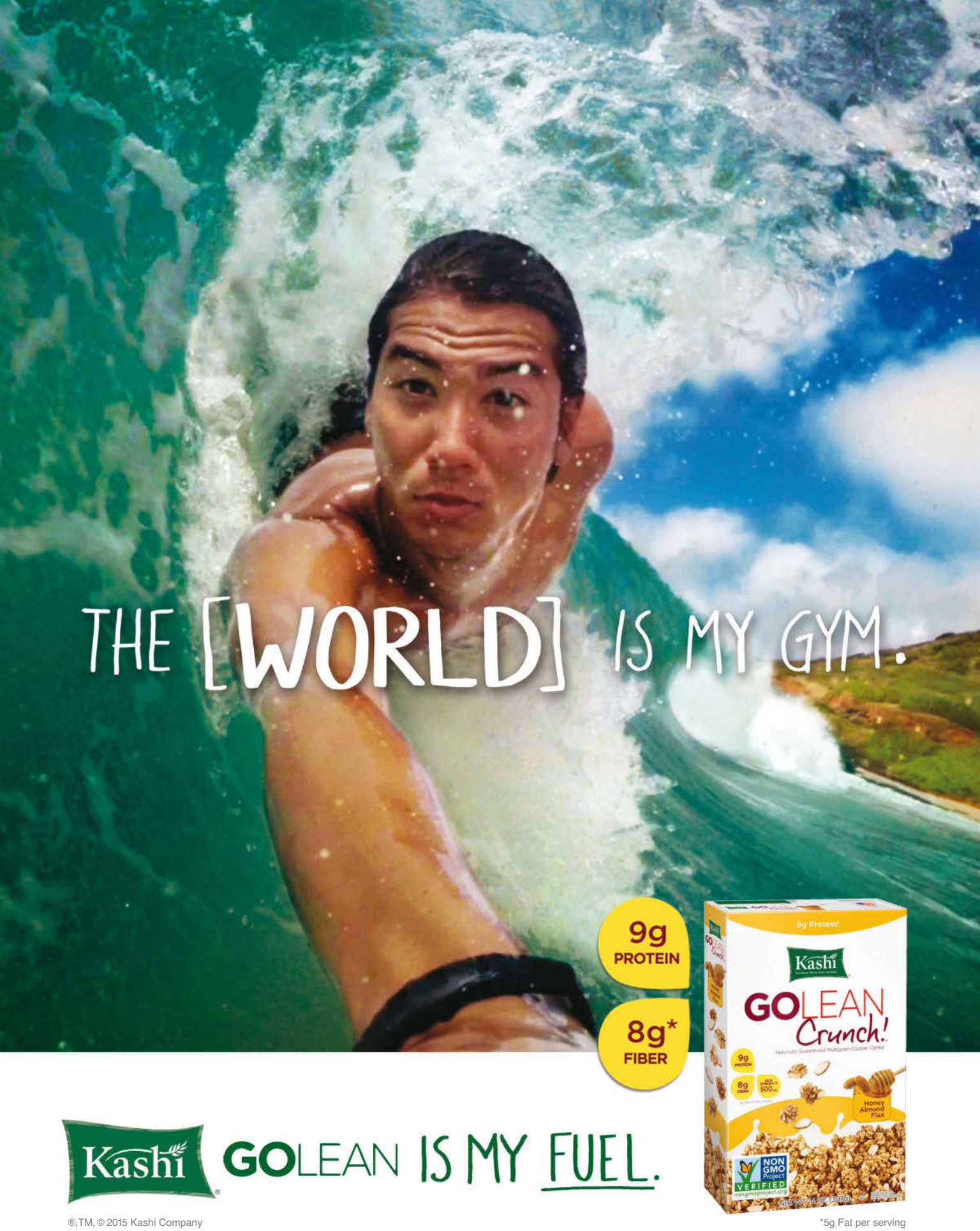
1. Foam roll your lats Hunching overstretches these muscles. To ease them back into place, lie on one side with a foam roller under your armpit. Roll up and down your lat for 30 seconds; shift so the roller is slightly behind your armpit, and roll for another 30 seconds. Switch sides and repeat.

2. Use a ball to release pecs These muscles are shortened from slumping; this move releases them. Stand facing a wall and lean into a lacrosse ball placed two inches below your collarbone, close to your right armpit. For one minute, press into the ball, moving your right shoulder to find tense spots. Repeat on the opposite side.

3. Do down-dog pushups Now strengthen your shoulders and upper back: Get into a pushup position and lift hips high to form an inverted V-shape, back flat, heels down. Bend elbows out to lower your head to the ground, then push back up. Do three sets of 10.

*Chicago-based physical therapist **David Reavy** works with NFL and NBA players and everyday guys.*

photograph by **PETER BOHLER**



Kashi GOLEAN IS MY FUEL.

®,TM, © 2015 Kashi Company

*5g Fat per serving



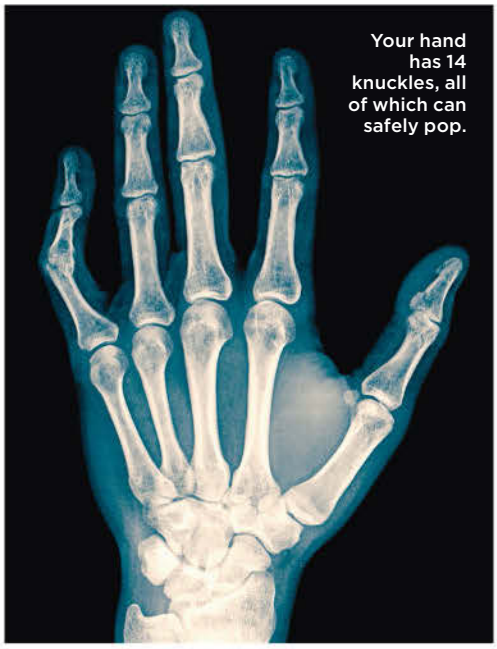
Ask Dr. Bob

Our in-house doc answers your questions about health, fitness, and living adventurously.

MYTH, BUSTED

I pop my knuckles a lot, which my friends say is terrible for my joints. Should I stop?

It can make people around you cringe, but cracking your knuckles may not be bad for you after all. This spring, Canadian researchers used MRI video to see exactly what happens when you pop your knuckles. It turns out that pulling the joints apart draws gas into the space. The gas expands and mixes with the synovial fluid, which lubricates your joints, until it builds up so much that it pops, creating the "crack" sound. (All this happens in milliseconds.) Rather than being harmful, the study authors suspect, the ability to pop your knuckles may actually be related to joint health. Tell that to the next friend who gives you a hard time.



Your hand has 14 knuckles, all of which can safely pop.

BOOST RECOVERY

The older I get, the sorer I feel after a workout? Why?

As we age, our bodies become less efficient at repairing and rebuilding muscles, so it takes a little longer to bounce back from workouts. But there are three things you can do to make it easier to recover, no matter your age. First, if you exercise every day, be sure to dial back the intensity for at least two days after each hard workout. Treat those days as active recovery, which will ensure that your body has time to repair before you go hard again. Second, always eat or drink something with protein immediately after exercise — my go-to is a Greek yogurt smoothie with chia seeds — to immediately help your muscles repair. Finally, hit the foam roller for 10 minutes after every workout. Research shows it may help reduce soreness the next day, and it prevents injuries down the line.

HEALTH HOAX

I've seen a lot of ads lately for vitamin B12 injections to help you feel more energetic and healthy. Do these treatments really work?

Not unless you have a legitimate B12 deficiency. Celebrities tout the "energy boosting" virtues of injections of the nutrient, which helps keep nerve and blood cells healthy — and treatments are often marketed as a way to boost metabolism to help shed weight. But most of us absorb all the B12 we need through eating a decent diet; pump in any more through a drip or injection, and your body will simply eliminate the water-soluble vitamin in your urine. If you do feel a small boost after a treatment, it's likely that it's a placebo effect. Whether that's worth the $50 or more that the treatments cost is up to you.

THE RIGHT FAT

I've heard coconut oil has tons of health benefits and have been stirring it into my oatmeal each morning. What's your take?

As recently as five years ago, coconut oil had a bad health rap because it was often combined with partially hydrogenated vegetable oil, which is loaded with toxic trans fats. Now it's easy to find jars of pure oil — labeled "virgin" — that contain the medium-chain triglycerides, or MCTs, that research has shown help raise your good HDL cholesterol, improve your blood sugar, and control your appetite. But note: Coconut oil is 100 percent fat — even if it is the good kind. Each tablespoon has 117 calories, nearly 14 grams of fat, and almost no vitamins or minerals. Adding a teaspoon to oatmeal or a smoothie, or using it as a substitute for processed vegetable oils in baking, are smart, heart-healthy moves. Just be sure your serving stays small. ■

THE DOC IS ONLINE Email your questions for Dr. Bob Arnot to **dr.bob@mensjournal.com**.

TO-DO LIST

The health and fitness products, books, apps, or gear worth checking out this month.



DOWNLOAD: MYFITNESSPAL PREMIUM

See how healthy you're really eating with this upgraded app that goes deep on your diet data. A nutritional database of more than a million foods breaks down the macro- and micronutrients of each meal, so it's easy to see if you're overdosing on protein or getting too little magnesium. You'll see this in easy-to-read graphs, which also track your weekly workouts. *$10 a month; myfitnesspal.com*



WEAR: LULULEMON TRAINING TEE

Imagine your favorite shirt — soft, comfy, fits perfectly. Now imagine it's made of flat-seam fabric that wicks away sweat and contains silver threads to magically ward off odor-creating bacteria, and you have the new Lululemon training short sleeve. We felt good running, rowing, and cranking out pushups in it and were just as happy to wear it outside the gym, too. *$68; lululemon.com*

TOP: GUY VINER/GETTY IMAGES

THE LAST WALLET OR MONEY CLIP YOU WILL EVER BUY



The Carbon Fiber RFID-Blocking* Le Mans ZCLIP®

Lighter than Paper - Stronger than Steel - Guaranteed to Last

Z CLIP

Le Mans

ZCLIP.com

*blocks most RFID

by **MELAINA JUNTTI**

Health News

This month's most important research discoveries, updates, and advice.

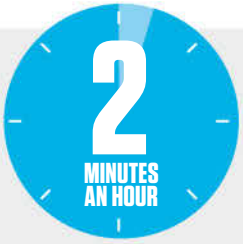


Why beets make you a better athlete

Drinking beet juice is a proven way to boost endurance, helping increase the size of blood vessels to bring more oxygen to your muscles. According to a new study, beet juice also helps athletes react faster and make smarter decisions, even at the end of tough workouts when mental acuity flags. Researchers at the University of Exeter discovered that athletes who took shots of beet juice daily for a week were able to sprint more powerfully, and think more clearly and quickly, than when they drank a placebo. During intense exercise, blood vessels dilate, explains study lead author Chris Thompson. "The high nitrate content of the juice may help this process, supplying more oxygen to the brain," he says. The easiest way to get these effects is by drinking beet juice from concentrate (offered at smoothie bars or in bottled juices). Thompson says eating foods that are similarly rich in dietary nitrates can also help, and provides benefits beyond performance. "I encourage a diet of spinach and other green, leafy vegetables because of the positive impact on cardiovascular health, including lowering blood pressure," he says.

More dangers to exercise supplements

A slew of reports in the past year have shown that many fitness supplements contain amphetamine-like stimulants, contaminants, and even illegal steroids. Now, a new study has found an alarming link between many of them and testicular cancer risk. Researchers found that men who reported taking muscle-building pills or powders were far more likely to develop testicular cancer than those who didn't; the longer they took the supplements, the higher the risk. The most dangerous products tend to be those that make the most over-the-top promises, says chemist John Travis. His advice: Avoid products with chemicals like boldenone, nandrolone, or any that contain the root *andro*. "That's a red flag that it contains a steroid," he says. And make sure you see an NSF Certified for Sport seal, which means it's been tested for safety and contaminants.



The minimum amount of time you need to walk to counteract the effects of sitting, a new study finds. "When we sit for prolonged periods, excess energy, like the latte we just consumed, goes straight to our fat tissues," says study author Dr. Srinivasan Beddhu. Walking even for two minutes can stop the process, he says, and lower blood sugar and blood pressure.



A proven way to stop snoring

Brazilian researchers found that four simple exercises helped significantly reduce the frequency and volume of snoring. When the nasal and throat airways narrow, the vacuum effect of pulling in air to breathe can produce a snoring sound, explains Dr. Barbara Phillips, medical director of the Sleep Laboratory at the University of Kentucky. "Strengthening the muscles helps them resist this suction and keeps the airways open." To get the effect, do 20 repetitions of these exercises three times a day for three months:

1. Press the tip of the tongue against the roof of the mouth and slide it backward. 2. Suck the tongue upward against the roof of the mouth. 3. Force the back of the tongue against the floor of the mouth while keeping the tip of the tongue in contact with the bottom front teeth. 4. Say the letter *A* to elevate the uvula.

Deet is safer than you think

Tick-borne illnesses are on the rise, and precautions like tick checks aren't always enough. The best protection is using a product with the bug repellent deet, experts say. Though it's thought of as a toxic chemical, ample research shows that deet is safe, and "using it is one of the best ways to prevent illnesses like Lyme disease," says Renee Sharp, director of research at the Environmental Working Group.

ANNA KUCHEROVA/ALAMY


SOUND THAT
INSPIRES
INTRODUCING THE ALL NEW PHIATON BT 100 NC
PHIATON®
THE ULTIMATE LISTENING EXPERIENCE
PHIATON
BLUETOOTH 4.0 | ACTIVE NOISE CANCELLING (95%) | SWEAT + WATER RESISTANT | EASY NFC PAIRING
NFC
95% NOISE cancelling
Bluetooth 4.0
BUY LOCATIONS:
PHIATON.COM | FACEBOOK.COM/PHIATON





HOW LIEV SCHREIBER FIXED HIMSELF

HE WAS A BROODING, WOUNDED KID, LATER CALLED THE GREATEST ACTOR OF HIS GENERATION. NOW SCHREIBER HAS A MOVIE-STAR WIFE, TWO SONS, AND A STARRING ROLE AS THE BAT-WIELDING THUG RAY DONOVAN. HIS TOUGHEST CHALLENGE? BEING HAPPY.

BY **STEPHEN RODRICK**
PHOTOGRAPH BY **THEO WENNER**

It's late on a Friday night, and Liev Schreiber would rather be at the theater or home with his sons. Instead, he is in his trailer on the Sony lot in Los Angeles preparing for a four-hour shoot that is supposed to culminate with a Katie Holmes make-out session for a pivotal scene in season three of *Ray Donovan*, Schreiber's have-bat-will-mutilate noir thriller on Showtime. • It might be the bro moment of a lifetime for another actor, but Schreiber is thinking of vetoing the lip-locking. He wonders if it is too early in their onscreen relationship

for such machinations. This is a bit ironic since Donovan's modus operandi is — to borrow an Elvis Costello line — "if it moves, then you fuck it; if it doesn't move, you stab it."

Schreiber details a short summary of this year's plot and reveals — without giving much away — that Holmes plays the daughter of one of the most powerful men in L.A., and Donovan can't stand the brat.

"There's this expectation that Katie and I will get it on, and I just don't think that's necessarily smart, to fall into those grooves of expectation when you can challenge them," says Schreiber. "It fucks everybody up when I challenge them, because it's 'Oh, of course you're supposed to get it on with Katie Holmes.'"

Falling into the grooves of expectation is one of Schreiber's main worries. Sometimes the actress Naomi Watts, Schreiber's wife, thinks her husband's brain is too active for him to be an actor, fretting from plot to production to the other actors when he should just relax and play the scene. "His mind never shuts off," Watts tells me. "He is not the kind of guy to flail his hands in the air and go, 'Wow, this is fantastic!'" She giggles for a moment. "He is so not a fist pumper."

Schreiber wouldn't disagree. He has spent the season reading and revising scripts and contemplating Donovan's motivations. There are bags under his eyes as he makes notes on his script for the episode's writer. He then slips into his Donovan costume of custom white shirt and black suit. It is hour 14 of Schreiber's 18-hour day, and his 47-year-old body creaks after a between-shoot midday workout in which he tossed a medicine ball, almost fell off a climbing rope, ran some intervals, and said the word *oy* about 50 times. He dreamily reminisced about the show's fleeting idea that Ray would put on 25 pounds this season. "Oh, that would have been awesome," Schreiber said, gasping as he writhed on a mat.

There is a delay on set that allows Schreiber time to prowl and proselytize about his future and his shortcomings, one of the actor's pastimes. *Ray Donovan* is entering its third season, but it's the first without show creator Ann Biderman, who stepped down after the series went over budget its first two seasons. With new folks in charge, there have been growing pains.

A show's third season can be difficult as producers try to keep all the plates spinning without the project careening *Homeland*-like into the absurd. By then, the newness of the premise has worn off, and viewers have to decide if they're going to stay with the show based on their attachment to the lead. Schreiber was intent on Ray not going off the rails, for the sake of the show and, more important, for his own well-being. The actor's current worry is that *Ray Donovan* is sliding away from its noir roots into a world where Ray thinks more and uses his fists less.

Schreiber can't hide his anxiety as he tries to project an outer calm borrowed from his wife and from longtime friend Hugh Jackman. Even his publicist leaving a message saying,"Remember, this is an interview, not a confessional," can't keep him on the happy-talk track.

"I say so many terrible things," Schreiber says as he asks for a junior-high term for making out with Holmes to be struck from the record. Actually, Schreiber just mistakes honesty as a character flaw. We talk about the new Showtime series *Happyish*, a dystopian half-hour comedy about a depressed creative director at an ad agency. Schreiber is obsessed with advertising, and the pontificating character seemed more in his wheelhouse. For a moment you can see a hunger in his eyes followed by disappointment. "I read the part and I thought, 'Wow, this is the one thing I'd like to do,' but I couldn't. I was already doing this."

To distract himself, he watches a YouTube video in which former heavyweight contender Chuck "the Bayonne Bleeder" Wepner is tossed from the ring in a 1970s moneymaking wrestling farce with Andre the Giant. Schreiber wants to film a Wepner biopic as his next project. (Wepner once went 15 brutal rounds with Muhammad Ali; later he became a liquor salesman.) "Wepner is real; there's nothing phony about him," says Schreiber, who narrates boxing documentaries for HBO and himself boxes two or three times a week. (He earlier showed me with boyish glee the boxing-gym set where much of *Ray Donovan* takes place.)

Living a real and authentic life is at the center of Schreiber's concerns. He and Watts have two boys, and he wants to give them the security he didn't have in his own chaotic, bohemian childhood, but he worries about their being too safe. "Entitlement is lethal," says Schreiber. "It's absolutely fucking lethal."

In 2007, Schreiber was proclaimed the "finest American theater actor of his generation" by the *New York Times* on the strength of his role in the revival of *Talk Radio*, and Schreiber says, "It spun me." In a strange way, the praise may have hampered Schreiber's confidence in his ability to carry a film. He has played Shakespeare to great acclaim and co-starred in multiple films but never had the cinematic breakthrough some predicted nearly a decade ago. *Ray Donovan* is his highest-profile role by far. Schreiber has a succinct explanation for why he didn't meet earlier prophecies of stardom.

"I really never thought I was that good at film," says Schreiber, a Yale School of Drama graduate. He slips his suit coat over his arms. "And honestly still don't. My strength is language. My background is monologues and a certain kind of Brechtian spin on theater. There's no suspension of belief; there's a proscenium: 'We're going to do some cardboard sets here, but basically you're here because you're interested in what this guy says, and we're going to talk about that.'"

I mention to Schreiber that Ray Donovan — a Boston enforcer now prowling Hollywood with a baseball bat in the trunk of his Mercedes — is a man more of L.A. U-turns than of words. This makes him, on the surface, the precise opposite of what Schreiber thinks is his strength. Schreiber wriggles his pudding face — his childhood nickname was Huggy — into a cartoony smile.

"I know. He's got nothing to say!"

That sounds harsh. I offer that it's Donovan's actions that propel the show no matter how much furniture Jon Voight, his co-star, devours as his criminal father. Schreiber will not have it.

"No, I'm the expert. My character has nothing to say." Schreiber smiles a bit before adding, "From an actor's perspective."

And there's the challenge. Schreiber is a smart-enough actor to know that it's the

Contributing editor STEPHEN RODRICK *wrote about Taylor Branch in the April issue.*



Biking with the family in New York City's West Village, in 2013


At a 2014 Pittsburgh Steelers game with his half brother Pablo, who plays "Pornstache" on *Orange Is the New Black*


With his wife, Naomi Watts, in 2006

man with the fewest words who drives the action in noir. He must convey Donovan with deeds instead of monologues. And many of those deeds are unpleasant.

There is a knock at the door. It's time. But Schreiber can't get the door open. He's a bit clumsy and absentminded offscreen; earlier today he left the keys in the ignition of his unlocked Audi on an L.A. street for two hours. When he realized what he'd done, he chuckled and said, "That's fortunate it's still here."

Schreiber cajoles and twists the handle for a minute or two. Ray Donovan would have just kicked the door down. His assistant finally opens it from the outside. "Well, that was impressive," mumbles Schreiber.

There is a short golf-cart ride across the lot underneath a massive *Paul Blart: Mall Cop 2* billboard that perhaps reminds Schreiber he is a long way from his Broadway roots. Schreiber is dropped off at a parking garage and takes an elevator ride to the roof. The door opens, and there are 50 or more crew members who are running wardrobe, hosing down the pavement — drought? what drought? — and swinging cranes into place. Holmes chews gum and stands in a long coat, alone from the crowd and silhouetted by the rays of a light pole, trying very hard to look like a 21st-century version of the femme fatale. Schreiber draws in a breath and exhales. It is time to make something out of nothing.

EVERY ACTOR who ends up accepting a steady television-series paycheck has the crisis where he feels buried in the quicksand that is playing the same part for a half-decade. Schreiber is no different — his off-season is five months long, too short to shoehorn a return to the theater he loves in anything more substantial than a short run. But Schreiber's darkness comes from, well, a less-clichéd dark place, a location so without light that he had suppressed it for almost his entire childhood.

Not that the man is always a downer, even if he plays one on TV and often in real life. His good friend the director Greg Mottola says he has been pigeonholed onscreen as a "politician and asshole business guy" — see films like *The Manchurian Candidate*, *The Painted Veil*, and *Salt* — but he has another side, a comical one that few outside his inner circle get to see. That's the Schreiber who narrated a five-minute film, made with a friend, about a giant bunny in a suit that featured deadpanned lines like "I got turned on to drinking when I was 64 days old and drugging shortly thereafter, when the mouse at Chuck E. Cheese mistook me for a midget in a bunny suit and gave me heroin. The first hit was the best." That's the man Watts says "seduced me with his humor." She describes him as a "pied piper" with their kids, Sasha, 7, and Sam, 6, and their friends at birthday parties. That's the man who was driving with Mottola on a Manhattan street, slipped the car into neutral, jumped out, and started running next to the car, reenacting Clint Eastwood trotting alongside the presidential limousine in *In the Line of Fire*. He wants to do more comedy, saying he's been typecast with too many serious roles, and repeats a Schreiber chestnut: "If you fuck one goat…"

So, yes, there is the bawdy Schreiber; the boisterous Schreiber taking in the Mayweather-Pacquiao fight from a prime seat; and the more relaxed Schreiber who takes his kids surfing, though he'd admit with little prodding that's not the side that has dominated his life. And there's good reason for that, a reason that suggests that the fact Liev Schreiber has become a decent man and a good father, much less an accomplished actor, is a massive accomplishment in itself.

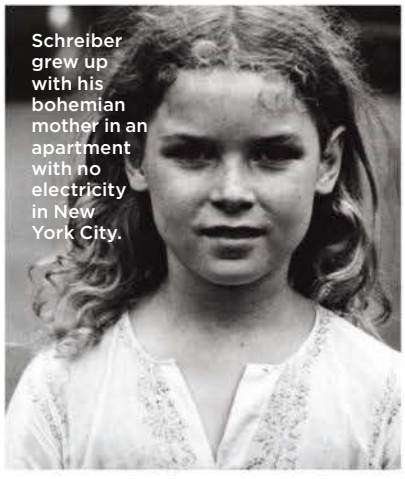
The afternoon before the night shoot, Schreiber cruises Brentwood, the family's Los Angeles neighborhood, looking for an open restaurant, only to find many had closed by 3 PM. "This wouldn't happen in New York, this siesta," Schreiber says, joking. Then he makes a decided nonjoke. "I'm a little homesick. I don't have a ton of friends out here."

The only restaurant open is La Scala Presto, a scenish restaurant that Schreiber insists he didn't know existed. This is plausible, since he tries to keep his knowledge

FROM TOP RIGHT: POP SUGAR.COM; BILLY FARRELL/PATRICKMCMULLEN.COM; RAYMOND HALL/FILMMAGIC



Surfing in Los Angeles, in 2014



Schreiber grew up with his bohemian mother in an apartment with no electricity in New York City.

of L.A. to a minimum. (He had no idea that Disneyland was located in nearby Orange County.) The sole other patron is a raffish man who scans two smartphones as Schreiber searches the menu, looking for something light to keep his naturally doughy, childlike mug looking as lean and surly as Ray Donovan's. A few minutes later, the customer gathers his gear and makes his way over to Schreiber's table. He mumbles a greeting, pats Schreiber on the shoulder, smiles, and is gone. It was Sean Penn.

"Well, that was nice," says Schreiber, who isn't sure if he has met Penn before. This is not unusual. Schreiber has had trouble remembering things for two decades.

"I don't remember things about my life," he says quietly. Schreiber has the dark features of a matinee villain but, up close, the face of a gentler man. He wrinkles his brow, and his blue eyes go somewhere else. "I can memorize a page of Shakespeare, no problem, but could I tell you where I was last week? No."

SCHREIBER'S CHALLENGE started, in a way, at birth. He has described his childhood differently through the years, varying from debilitating American gothic to Woodstockian bliss. Both are true. His mother, Heather, was an ardent socialist. (She's changed her tune a bit, letting her son buy her a swimming pool in her dotage.) His father, Tell, came from Waspy money, became convinced Heather was off her head due to a bad acid trip, and tried to have her committed to a mental institution. They split up soon after his birth. Schreiber was kidnapped first by his mother and then by his father, at the age of three. Eventually, Heather won custody (bankrupting her family with legal costs), and she and her son settled on the Lower East Side of New York City — while Schreiber's four siblings, including Pablo Schreiber, who plays Pornstache on *Orange Is the New Black,* grew up in the Pacific Northwest.

Life with his mom was both idyllic and harsh. Heather didn't believe in material possessions, so their cold-water flat was furnished with boxes and had no electricity, and the two slept on mattresses on the floor. Meanwhile, his father shut himself out of Liev's life. At times Heather and Liev were on welfare.

On their own, Heather prohibited Liev from seeing movies in color, but otherwise urged him to explore the city by himself. Part of that exploration included shimmying down a pole and stealing money on several occasions over the course of a couple of years from a yoga institute where his mother worked. This got him shipped off to a Connecticut ashram, where the 12-year-old Liev learned about philosophy and looked after the property's ponies.

As part of his memory block, Schreiber didn't remember the burglaries until a reporter refreshed him with the details when he was an adult. The only constant male role model in his life was his maternal grandfather, Alex Milgram, who spent his fortune helping Heather get custody of Liev. Milgram was a Renaissance man and tough guy with his own pitiless past. He played cello and had friends in Murder Inc., a Jewish organized-crime gang in the 1930s. Milgram also approved the lobotomy of his own wife. (Schreiber, according to *Rolling Stone,* met her once: "She tried to eat my hand.") Later in life, Milgram delivered meat to New York restaurants with the help of his grandson.

"He let me come along when I got older," says Schreiber. "My grandfather was raising me, and in many respects I was trying to understand what it meant to be a man. He was my role model."

One day, Liev was driving with his grandfather when he had a run-in with another driver. He stayed seated while Milgram got out, and then Liev heard a loud noise as something hit the side of their truck. Milgram didn't say anything; he just got back in and drove off.

When he was 16, Heather gave her son a motorcycle. This didn't exactly help with his academics. Liev's father reentered his life long enough to transfer him from inner-city Brooklyn Tech High School, where Schreiber liked to hit people on the football field, to Friends Seminary, a posh Manhattan school. (Lena Dunham is a fellow graduate.) That's where he became an actor.

He went to Hampshire College and then Yale, which was followed by precocious success as Hamlet at the Public Theater in 1999 and in indie films like *The Daytrippers.* He cut quite a macho New York swath in those days, equal parts brilliant and difficult. Mottola, a 20-year friend and the director of *The Daytrippers,* remembers meeting him for the first time in a gritty Manhattan bar, with Schreiber making his entrance with a motorcycle helmet under his arm. He wanted Schreiber to play a bookish, idealistic know-it-all in the movie.

"The role he played was sort of making fun of pretentious but endearing New Yorkers, and Liev at the time was perfect for that," says Mottola.

But even during those early days, something was starting to slip away from Schreiber. Milgram, his male touchstone, died in 1993, and Schreiber felt his memory of him, his childhood, and then the everyday events of his life start to slip away.

"When my grandfather died, I started to really panic that I had a serious memory issue and that I was going to lose memories unless I endeavored to write them down," Schreiber tells me. He says he remembers little of his past before he turned 14, an obvious post-traumatic coping device for his tumultuous childhood.

FROM TOP: BAUER-GRIFFIN.COM; COURTESY OF LIEV SCHREIBER

"I started getting clinical psychologists and neurologists to see if there was something wrong with me." He lets out a sad laugh. "They said, 'No, nothing, you're just crazy.'"

RAY DONOVAN HAS his own secrets and lies. He's the middle of three Boston brothers who escaped a Whitey Bulger–like father and moved out West with his family and siblings. It is revealed that the youngest, Bunchy, was molested by a priest, and Ray's idea that his criminal father did nothing to prevent it led Ray to have his dad sentenced to 25 years for a murder he didn't commit. But as the hours of the first season unwound, it became evident that Ray had also been molested, a fact he has repressed and refuses to admit.

Schreiber has insisted that there is no connection between his own life and Donovan's; it was just a wonderful role he couldn't resist, and the stability of a television job gave his boys a structure he'd never had. But this clearly isn't true. You have Liev suppressing his childhood of poverty and being pulled between two narcissistic parents, and you have Ray suppressing a childhood of molestation at the hand of a sociopathic priest.

"Everything I do is connected to memory," Schreiber tells me in his trailer. "I'll give you a takeaway." He says it reluctantly, wondering if he's giving away too much of Donovan and himself. But then Schreiber does it anyway. He makes his face go blank and looks into the distance, as if he's trying to remember something in his mind that is like a toy a child can touch but can't quite grasp. It's the same look I saw at the restaurant, and I realize it's the same look Ray Donovan gives when he's confused or troubled by the violent man he has become.

"That's a Ray face," explains Schreiber. "He's trying to remember something. It's a feeling that comes from…" He trails off and pauses for a moment. He takes a deep breath. "It is an emotional recall that is painful and angry."

SINCE HIS GRANDFATHER'S DEATH, Schreiber's career has been driven by his search for his personal past. A decade ago, he dove into two projects that let him pick his scabs perhaps too thoroughly. In 2004, he starred in a remake of *The Manchurian Candidate,* the story of Raymond Shaw, a war hero and vice-presidential candidate who slowly learns his memories of heroism are just mind-control implants and that he's the tool of corporate interests.

"I was getting in touch with that fear, that anxiety about being blank, being nothing," says Schreiber. "I don't know if so much of it was memory, but it was identity. You know, Shaw had no identity; he was nothing without the suggestion of his mother or the powers that be."

Schreiber balks at drawing a direct correlation with his own mother. His attempts to write about his family's history and his grandfather's Ukrainian roots were superseded when he read Jonathan Safran Foer's *Everything Is Illuminated*. The book concentrated on the similar theme of a young man returning to Ukraine to find out about the people who saved his grandfather from death at the hands of the Nazis. He adapted the novel and made his directorial debut with the project shortly after filming *The Manchurian Candidate*.

Maybe it was all too much. Dwelling on his past so obsessively left Schreiber wondering what to do with the second half of his life.

"I was at a crossroads," says Schreiber. "I was going, 'Am I really an actor?' I still wanted to direct and write, but I felt like acting was easier and more lucrative and that's why I was doing it. That existentially eats at you."

"I can memorize Shakespeare, no problem. But can I tell you where I was last week? No."

Schreiber thought about quitting the business. He contemplated going into advertising. He had majored in semiotics in college, and the art of persuasion — whether it's selling cornflakes or Hamlet — always fascinated him. "In college, we talked a lot about subliminal seduction," says Schreiber. "Everybody else in the class was going, 'Oh, those bastards!' and I was saying, 'That's pretty slick.'"

Schreiber eventually did start a boutique ad agency, Van's General Store, with a longtime friend. He's not exactly Don Draper — the company uses its Lower East Side storefront to do performance-art pieces for niche clients like Vespa. But he still wasn't sure about what else to do. Fortunately, a woman and a superhero changed his life.

A COUPLE OF YEARS AGO, Schreiber, Watts, and their two boys were out for a walk when the paparazzi descended on them. The Schreiber clan is catnip for paps: the brooding father, the film-star mom, and two adorable towheaded kids. Despite a couple of warnings, a photographer moved in close, and his lens brushed against Sasha, Schreiber and Watts' older son. Schreiber's tendency would be to go, well, all Sean Penn on the photographer.

"I was about to lose it, and then Naomi reminded me about the kids," says Schreiber with a guilty smile. "They're not going to remember *why* Dad went nuts; they're just going to remember that Dad went nuts, and it was scary. You can't act the same."

Watts was proud of him: "For a man who is an alpha male and really wants to protect his family, he's learned to keep that part of him at bay."

Schreiber and Watts met at the Met Ball in New York in 2005, soon settled in as a couple, and had a son two years later. Watts was raised in an almost equally unorthodox manner — her father was a road manager for Pink Floyd who died when she was young — so she intuitively understands Schreiber's pain and history.

"Most of my life I've spent pushing people away," Schreiber tells me. "Most of Naomi's life she's spent gathering people around her. They both have their pathologies, and they can both learn from each other." Schreiber then grins. "She helps me say the right thing, she helps me look presentable, and all the things women have been doing for centuries."

There was a man who did the same for him. Schreiber was cast as Sabretooth in *X-Men Origins: Wolverine*. In preproduction, he met Mr. Wolverine, a.k.a. Hugh Jackman. Before that role, Schreiber had always believed the accoutrements of film actors — managed diet, trainers, a workout regimen — to be the part of acting he detested the most. Jackman taught him it was something else.

"My style was always intuitive," Schreiber says. "I never used to believe in working on your body. Anything that smacked of vanity to me was bad for your acting, but I learned that wasn't true. There's a whole set of tools available to you, and you're not using them because you're insecure or lazy, and I was both."

Since then, Schreiber has regularly worked with a trainer and surfed on the weekends. He has tried to learn other things from Jackman, including meditation. "He's very professional," says Schreiber. "He's disciplined and knows exactly what to say. That's why I'm with Naomi and why I like Hugh, because I'm hoping they'll rub off on me."

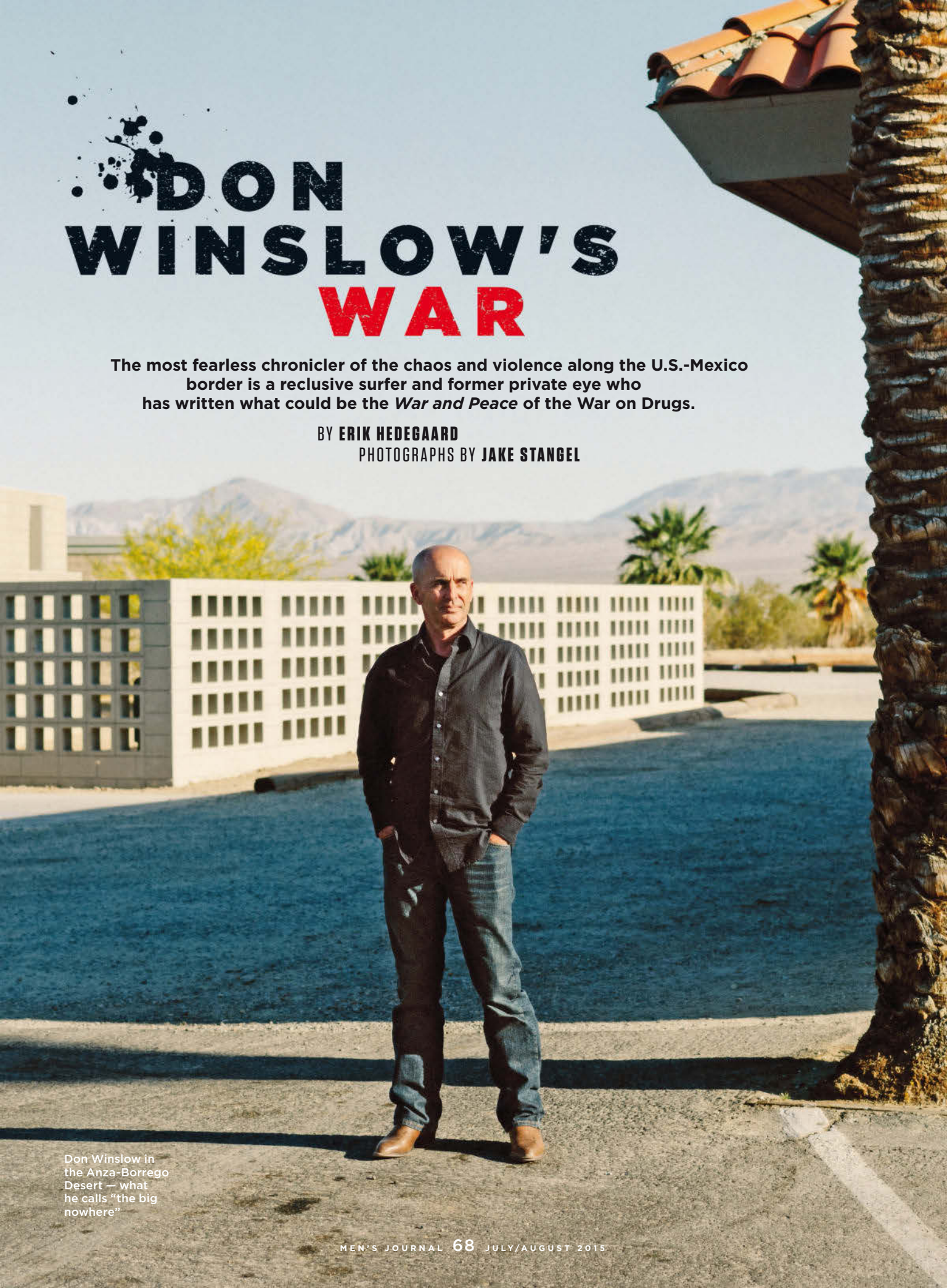
The approach hasn't completely taken. Earlier he revealed that one of the reasons he took *Ray Donovan* was to give his boys the stability of at least one parent not always being on the road. (Watts was away filming in Vancouver at the time.) "I wanted them to have consistency with their friends, to have playdates with other kids that don't change every month," said Schreiber. "Naomi was not going to do it, so I've got to do it." He paused for a second. "Don't say that. I'm going to get in trouble." He chuckled. "I'm still a loose cannon."

But things are looking up. In addition to having a sketchy memory, Schreiber claims he hadn't *(continued on page 100)*

DON WINSLOW'S WAR

The most fearless chronicler of the chaos and violence along the U.S.-Mexico border is a reclusive surfer and former private eye who has written what could be the *War and Peace* of the War on Drugs.

BY **ERIK HEDEGAARD**
PHOTOGRAPHS BY **JAKE STANGEL**



Don Winslow in the Anza-Borrego Desert — what he calls "the big nowhere"



Don Winslow is out in the California desert, 30 miles north of the Mexican border, gunning his dusty Mustang with the A/C busted into the heat of what he calls "the big nowhere": no other cars on the road but his, surrounded by 650,000 acres of little but cactus, creosote bush, ocotillo, and a beating-down sun in a swizzled blue sky.

"I mean, if this isn't abandoned country," he says, "I don't know what is."

More gas, more speed, going deeper into Anza-Borrego Desert State Park.

This is his kind of place. He likes it out here. Often he'll pull over and start canyon running among the boulders, going for a couple of miles, working up a good sweat and clearing his head. Or else he'll just drive. "I've been places I've thought I shouldn't have been," he says, "like ranches way the fuck out, with tin cans tied to wire to make noise if people come through." Bad stuff happens in places like these. Cresting a bluff, he slows and points to a road down below. "That's the road that leads to Mexico," he says. "It's a major smuggling route." At another point, the desert gives way to a sprawling oasis of a resort called La Casa del Zorro, which is impressive in a swinging, Vegas-in-the-'50s kind of way. "The Tijuana cartel wives used to come here," he says. "But, I mean, couldn't you see some old mob guy here, too, if he wanted to get lost, just on the edge of the big nowhere?"

Winslow writes hard-boiled, pulpy, neo-noir crime fiction in which bad guys, drugs, and death always play a part, so these kinds of thoughts are always on his mind. His most famous book is *Savages,* a 2010 bestseller about a groovy-loopy pair of drug dealers that was made into a semigood Oliver Stone movie, starring Blake Lively. If you're a surfer, you probably also know him for 2006's *The Winter of Frankie Machine,* about a surfing hit man, or 2008's *The Dawn Patrol,* about a surfing private investigator.

And if you're a cop in San Diego, say, you most likely know him for 2005's *The Power of the Dog,* a massive novel that takes on the history of the murderous Mexican drug cartels, 1975 to 2004, and has been used by members of the SDPD as a kind of textbook, since much of what Winslow writes about is taken from actual events. It's got it all: Ronald Reagan and the Iran-Contra affair, the Mexico City earthquake of 1985, the excruciating torture and murder of a DEA agent, the assassination of a senior Catholic clergyman, the stupidity of NAFTA, the criminal consequences of the U.S.'s War on Drugs, along with a variety of Mafia capos, Irish hit men, Marxist terrorists, ruthless street urchins, high-IQ hookers, and an astonishing, unsettling amount of violence, some of it made up, much of it, quite sadly, based on fact. It took Winslow more than five years to research and write *The Power of the Dog.* And another five years to write the sequel, out this month, covering 2004 to 2014, called *The Cartel.* It's more of the Grand Guignol same. Much, much, much more.



Winslow led safaris in Kenya before writing his first novel.

"He's a master of the dope-war novel," says James Ellroy, a hero of Winslow's and father of the ambitious, maximalist SoCal noir novel. (One of Ellroy's books, as it happens, is called *The Big Nowhere*.) "You get all these bloodcurdling motherfuckers on both sides of the law. He's the dope-war man. In fact, I think he's the dope-war king."

"In a lot of ways, I didn't want to write the new one," Winslow is saying now. "When I finished *Dog,* I was depressed and bummed out. I'd spent years living in that world. It was a little tour of hell each day. So you finish writing the story — people tossing kids off bridges and shit like that, which was all true — and you think you've written the worst of the worst." He shakes his head. "Hadn't touched the surface. Used to be, the cartel seemed ashamed of its crimes and tried to hide them. But it's a different breed of cat now. And this cat puts it out on Twitter." Which in part is why he wrote *The Cartel* — to bear witness to the horrific new levels of violence and, once again, as he did in *Dog,* to demonstrate how U.S. drug policies are mostly to blame.

The temperature is rising inside the Mustang, but Winslow doesn't seem to notice or care. It's not like it is in the summer, when if you run out of gas, you're as good as dead. He drives into the flyspeck town of Borrego Springs, notable mainly for a huge traffic circle bizarrely festooned with Christmas decorations all year long, as well as a dive bar named Carlee's. Inside the bar, Winslow takes a stool and orders a Coke. He stopped drinking some 30 years ago, but he's still a fan of bars. Plus, he's working on a new book and is thinking of setting a scene in Carlee's. "What I want is a dirty cop, on the run, trying to figure out his fucking life, and he meets his lawyer in here to see what can be done." So, in part, this trip has been research. He'll probably name the bar in the book, too.

Winslow is big on bringing the real world into his fictional worlds. For certain ugly scenes in *The Cartel,* he'd prop photographs up next to his computer, peer into them, at what terrible things man can do to man, and work to find the words for what he saw. Or he'd look at videos. Then, at the end of the day, he'd shut the door to his home office and go see Jean, his wife of 30 years, and try to forget what he'd just been writing about.

"Look at me," Winslow is saying a few days later. "Do I look like a tough guy?"

Not especially. He is pint-size and both sparse of hair and slight of build. But at the age of 61, he's still running those boulder-chunked trails in the desert, miles at a time. Plus, one of the most important things to know about Winslow is that he used to be a private detective, so no doubt he is well-versed in the ways of saying one thing to maybe conceal another.

He's at his home, a modest, one-story affair in the hamlet of Julian, California, a former mining town not far from Anza-Borrego and about an hour inland from San Diego. Winslow's daily routine is to get up at 5, be at his keyboard shortly thereafter, work on one book until 10:30 or so, go for a five- or six-mile hike (or go surfing if he's at his other home, near the coast, in Solana Beach), work on another book for several more hours. He does this six days a week. On Sundays, he takes the day to read, but he doesn't consider it a day off, so it's best not to call him then.

His office is exceptionally neat and has family photos on the desk (he has one son, 25-year-old Thomas, now a consultant in Washington, D.C.), framed book reviews on the wall (Janet Maslin, in the *New York Times,* on *Savages*: "...startling...stylish...mega-cool"), mementos from travels scattered about, an alto sax on the floor ("I thought I needed to do something that had nothing to do with words, because by the end of the day, I'm sick of them"), and bookshelves all filled up. From the look of things, he's a huge fan of all the greats of his genre: Elmore Leonard, Robert Parker, Raymond Chandler, and John D. MacDonald, along with unclassifiables like Jim Harrison and William Shakespeare ("I find myself going back to *Henry IV* parts one and two. So great, so human, and really writing about the underclass"), and he has them all grouped together just so. In the nonfiction category, on lower shelves, is a bunch of source material for *Dog* and *The Cartel,* books like *El Narco*, *Narcoland,* and *El Sicario: Confessions of a Cartel Hit Man*.

"He's a master of the dope-war novel," says writer James Ellroy. "He's the dope-war king."

The images in some of these books — burned-up, chopped-up human beings — are horrific. At various times, his computer is loaded with awful videos, too, but once they're no longer needed, he gets rid of them as fast as he can. Before starting to write *The Cartel,* he spent several months with his books and videos, along with various narco-related blogs and online newspapers, obsessively "creating a chronology of the drug wars, to the extent that for every day, I could find something significant that happened." Meaning that a gazillion deaths fill the pages of *The Cartel* — so many that the publisher (thankfully) convinced him to excise a few. "I don't think Americans know the sheer level of violence and chaos that the War on Drugs has touched off, so I try to make the point by sheer repetition."

COURTESY DON WINSLOW

Contributing editor ERIK HEDEGAARD *wrote about Jesse Ventura for the January-February 2015 issue.*

In a way, Winslow wrote both *The Power of the Dog* and *The Cartel* as a way to explain to himself, and to readers, the nature and causes of violence. "What precipitated *Dog*," he says, "was reading about 19 people slaughtered in the village of Rosarito, which is a place my wife and kid used to go to on weekends. I couldn't figure out why that had happened. So I started reading." His basic feeling is that Mexico isn't causing the drug problem, along with the associated beheadings and disembowelments — it's all the users in the U.S., with their constant craving for heroin, coke, crack, and weed. Personally, he'd legalize, or at least decriminalize, all drugs, to reduce the profit motive. In the meantime, he reserves special scorn for snooty, ganja-loving hipsters.

"Twenty-somethings now?" he says. "God forbid they should buy anything but fair-trade coffee, or locally grown pork, or whatever the fuck. And yet they'll think nothing of buying marijuana that has blood all over it — Central Americans kidnapped, made into slave labor, raped, murdered, put out to prostitution, just so little Johnny in Dubuque can have his marijuana. It pisses me off beyond belief." He's on a roll and can't stop. "Socially conscious people? They'll boycott foie gras, right? Because we're torturing a duck, right? How dare that restaurant serve evil foie gras? Well, fuck your duck. They should be boycotting marijuana!"

He takes a deep breath. "Sorry," he says. "I get a little passionate about this subject."

One afternoon, Winslow has to make a call. Among the first things he says is, "You should absolutely not sign anything, and my preference would be if when you guys exchange information about this, you do it over the phone and no email, OK? Just to be on the safe side."

It develops that for the past eight years, his niece has been involved in a brutality suit against the North Providence, Rhode Island, police department. During a protest over low wages at a local restaurant, a cop shattered her leg to the point that she nearly lost it. Since then, Winslow has been offering advice. A $455,000 settlement offer is on the table. "I think it's within the range," he says after the call ends. If he had his way, however, he'd try to wrangle "another couple of hundred K" out of the opposition. "I'd threaten to get everybody and anybody deposed. The chief. The officers. Their wives and children. That's the way you do it. I'd be saying, 'Every document that ever came through the North Providence police department, I'm subpoenaing today.' Yeah, they'd scratch a check."

Winslow spent most of his childhood in Perryville, a small town near the Rhode Island coast, where at night, his father, a career Navy man, would tell stories about storming Guadalcanal in World War II. His mother, who worked at the public library, came from New Orleans, where her mother was associated with Carlos Marcello, the mobster who may have arranged Kennedy's assassination. These were his early influences.

After high school, Winslow headed to the University of Nebraska, in Lincoln, to study journalism, but wound up with a degree in African studies. This got him overseas for the first time, to study in South Africa "during the battle days of apartheid." After that, he returned to Lincoln, where he earned another degree, in military history. While in college, he had an idea to teach history by putting on plays by Shakespeare, Samuel Beckett, and David Rabe, and received a grant from the Ford Foundation to do so.

More than anything, however, Winslow wanted to be a writer, a dream that took root when he was seven years old and his pal Joey Palumbo paid him a quarter to write a backyard play to stage. By the time he was in his twenties, he was hooked on reading crime fiction. "Not only were the subjects fascinating," he says, "but the writing was so wonderful, poetry really." He can still recite the opening line of Elmore Leonard's *Unknown Man #89*: "A friend of Ryan's said to him one time, 'Yeah, but at least you don't take any shit from anybody,'" Winslow says. "I mean, that's a great first line. I admired those writers and what they were doing and wondered if I could maybe do that, too."

So, in the late '70s, he moved to New York City, as all serious budding writers must. Needing a job, he skipped a position at the fabled Strand bookstore in favor of $15 more a month as an assistant manager at a movie theater not far from seedy, blinking-neon Times Square. Part of his job was to troll the streets, wearing a wire, looking for dope dealers to buy from — not so cops could come bust the guy but so his employer could chuck the guy out of his theater if he ever saw him inside. On occasion, he would snort cocaine in front of the sellers to lower suspicions, an experience, he says, that left him with the feeling that "I like coffee better."

"My predecessor at the theater was shot to death in a robbery," he goes on. "It was just bananas all the time. The business was being ruined by drug dealers, hookers, pimps, muggers, and pickpockets." One of his favorite duties was to roust the pickpockets. ("It's a job I would do again tomorrow. It was like playing 3-D chess in the dark!") This led to his becoming a P.I., employed mostly by defense attorneys in New York and, later on, in California, where he worked arson and missing-person cases.

He also did a bit of "dark work" and explains it thusly, in a clipped tone: "Generally speaking, it encompasses espionage, I suppose. But we're not going to talk about it." And sometimes he hooked up with the State Department and explains that one as follows, also clippedly: "I was a practice terrorist, doing hostage-taking simulations, and that's as far as this conversation is going."

Never one to slack off or sit still, he sometimes flew to Kenya to lead photographic safaris, at the behest of a college buddy who owned the safari company. He also landed a job at Oxford University directing high school students in Shakespeare plays. One day, the professor who ran the program said to him, "You always talk about writing a book, but you never do it. Why don't you do it?" And from then on, starting in 1988, regardless of where he was or what he was doing, he wrote — "five pages a day, no matter what. Planes, trains, tents, apartments, squatting in the bamboo chasing some panda around…awful, awful." The book that came out of this effort, *A Cool Breeze on the Underground*, about a grad student who works for a private eye, was rejected by 14 publishers, including Knopf, his current imprint. This was in 1991. Sixteen other books have followed, many of them set in the ritzier areas around coastal Laguna Beach, California, with the criminals in them being charming in certain criminally charming ways. *Dog* and *The Cartel* are the only ones that are unremittingly dark.

Oh, and once, back in his P.I. days, he was suspended from a law firm for allegedly fabricating evidence and roughing up



In London in the 1980s, when he directed Shakespeare plays at Oxford

COURTESY DON WINSLOW

a witness. "I didn't, by the way, fabricate evidence," he says.

How about roughing up a witness?

Levelly, he says, "I put a brotherly hand on his shoulder and encouraged him to tell the truth. I mean, come on, who am I going to rough up?" — which isn't, of course, any kind of denial at all. Then again, he was cleared — and hired again by the same law firm.

Winslow is a peculiar mix of a guy. It's no problem for him to crawl into a bullet-resistant Border Patrol vehicle at the San Ysidro crossing, in order to avoid the cartel snipers who are supposedly hiding in apartment buildings across the border. But he was once at a bookstore event with Lawrence Block and Elmore Leonard, two of his heroes, and couldn't bring himself to speak a word to either of them — he's that shy. On the one hand, he will say, "I'm not a violent guy at all. I don't like violence. It's scary, and it makes me sick." And on the other: "I almost attacked a guy here the other day. He was driving through this parking lot at 50 miles per hour, and there's these little kids all around. I mean, if he gets out of that car, it's a problem." He can go a week without seeing another soul besides Jean and be perfectly happy.

And yet his civic zeal knows no bounds. During the devastating California wildfires of 2003 and 2007, he helped run Julian's relief centers and oversaw delivery of 10,000 bottles of water a day for the town's citizens. "I finished writing *Power of the Dog* while sitting on pallets of water in town hall, which may have had a subliminal effect on its bleak landscape," he says. "Everything around you was black. We'd become a Third World country. People wandering Main Street with their shoes burned out and in shock."

He might claim to be no people person, but he loves his town and the characters in it — like the local piemaker, "who is so OCD that she will not let left-handers bake pies because the thumbprints in the crust will go in the wrong direction." And the couple in their eighties who stayed at his house after the 2007 fires and talked so much about loving France that once a week, Winslow would dress up as a French waiter and serve them a French dinner. More recently he has adapted Shakespeare's plays for local students and is working to restore a theater for them — work he considers at least as important as his own.

Once, his screenwriting partner, career adviser, and best friend, Shane Salerno, called him and said, "Listen, we've got to get this thing to DiCaprio tomorrow!" Winslow told him, "I don't think it'll be tomorrow. I've got this play, and the kids are really counting on me." Salerno said, "Listen, man, you're writing a movie for Leonardo DiCaprio and Warner Bros., and we've got to do this." Winslow said, "Yeah, yeah, we'll get to it in the next couple of days." And so that's how it went.

Says Salerno: "He's just cut from a different cloth. At one point, after he'd published 13 books, he said he was still struggling financially and thought maybe he'd go back to work as a P.I. or a safari guide. I was like, 'This doesn't make sense. This guy should not be struggling.' So he discharged his very-well-known agent and put his life in my hands — I'd never done anything like this before — and within two years, he was making 18 times what he'd made before, well into the seven figures. He is the ultimate protector of other people, but he doesn't always look out for himself in the same way."

He leaves his house, walks past his aging Mustang with the busted A/C, up his dirt road, across one street, and into a restaurant. To get the goods for his books, Winslow has met with (and sometimes befriended) DEA and FBI agents, Border Patrol officers ("The most chronically depressed people I've ever seen"), internal affairs officers, street cops, and former CIA agents, along with burglars, robbers, gangbangers, and low-level cartel types. It's another reason that his work so often rings true. His attention to detail tends toward the obsessive. While surfing, he has intentionally gotten himself rolled by big waves, filming it with a GoPro camera, so he could describe that experience accurately. While writing *California Fire and Life*, about an arson investigation, "I used to try to set stuff on fire to make sure that it would or wouldn't ignite — days that my son truly enjoyed."

"I call him a method writer," says Salerno. "He immerses himself in the way that a method actor like a Hoffman or a Pacino would. I mean, he'll put himself through a grinder."

Today he's having lunch with a square-jawed cop from the San Diego area. The guy's a higher-up in the department, has decades of experience, and has seen some things. They talk about drugs for a while. Winslow wants to know what's new.

"San Diego County used to be the meth capital of the world, but the bottom dropped out of the market," the cop says. "Five years ago, a pound of meth cost $10,000. Now it's down to $800, and it's all being made in Mexico."

Winslow nods. He says that Julian used to have its share of meth labs, but they've all disappeared, along with the tweakers who depended on them. "I got to tell you, it's kind of a relief," he says. "Tweakers drive me out of my mind."

"I'll take someone on heroin any day," the cop says. "Tweakers suck."

Then Winslow moves on to police corruption. "Let's take the scenario of the cop who lets a mid- or high-level cartel guy walk for $100,000," he says. "Let's say you bust him, and you're sitting across the table from him. What goes on in your head?"

The cop is nodding. "Twenty-five years ago, I would have said, 'What an asshole.' Now it's, 'Dude, I get what you were thinking. But, sorry, you're done.' I mean, what's the big deal? It's just one guy. We're not going to win the War on Drugs. Who gives a shit? But, see, the reason that won't happen to me is, I don't want to go to prison. I'm terrified of going to prison. And even if you don't bust him, what happens if the cartel guy thinks he owns the cop and says, 'You're not done working for us'?"

"What I don't understand about that," Winslow says, "is why the cop doesn't say to the guy, 'Fuck you and die. You don't have any proof, and if you do have proof, you'll be in prison before I am.'"

The cop takes a long moment. "I guess what comes to mind is all those videos I've seen of guys lined up with their heads cut off. Everybody in law enforcement knows how savage those guys can be. I could envision

The Essential Don Winslow



THE POWER OF THE DOG (2005) With epic scope and breakneck pacing, Winslow traces 30 years of the drug war between the U.S. and Mexico, from the 1970s to 2004. Unsparing, grim, and not for the faint of heart.



THE WINTER OF FRANKIE MACHINE (2006) Robert De Niro bought the film rights to the story of Frank Machianno, a retired mob hit man (turned San Diego surfer and bait-shop owner) whose past catches up with him.



THE DAWN PATROL (2008) Investigating the death of a stripper, surfing private investigator Boone Daniels tangles with pedophiles, plastic surgeons, and other denizens of San Diego's dark side. A perfect beach read.



SAVAGES (2010) Two Laguna Beach pot dealers battle to protect their empire from the Baja cartel in this spare, slick, and fast-moving thriller, which boasts one of fiction's most memorable first lines: "Fuck you."



Winslow in his home office. He writes more than five hours a day, six days a week.

a scenario where a cop takes drug money. I mean, what's the moral problem with that? This is dope money that's otherwise going to be turned over to a corrupt system. What's the moral issue with holding some back? I'm not sure there is one."

Winslow doesn't take notes — he has a prodigious memory — but he still jots a few words down on a pad, in part to let the cop know he's listening. What the cop has been saying makes perfect sense to him. One of the great things about his books and his thinking is that there are no moral or ethical absolutes. Could you say that the cop here today is less than perfect in his heart if not in his actions? You could, but that would ignore the lesser-evil reality of the circumstances in which the cop lives. There are no easy choices, and if the prospect of getting caught is the only thing that keeps you from stepping over the line, then that's good enough.

Later, Winslow is back in his office, sitting near his computer monitor.

"I think that crime fiction cuts to the heart of things faster than other forms," he says. "You get to the extreme of human behavior, both good and bad. You get more than 50 shades of gray. I think it's very similar to a wave: You see one thing on the surface, but there's always something under the surface that's driving what you see — and it could have originated far away and long ago."

Would he mind showing an example of the kind of videos he consulted when writing *The Cartel*?

He doesn't look happy. It seems that he would mind. Even so, he types in a few words, clicks a few buttons, and then on the screen appear four Mexican peasant women in a field, on their knees in the dirt, hands tied. Three of them are stripped naked to the waist. Thirteen masked Zeta cartel soldiers with rifles stand behind them. A man is barking questions at the women, who are all connected to a rival cartel and one of whom is apparently the infamous La Guera Loca — the Crazy Blonde — who once beheaded a Zeta and peeled off his face with a box cutter.

"There's a problem with writing about this sort of thing," Winslow says, "and there's a problem with watching this sort of thing. Where do you cross the line into the pornography of violence? I think it's important to convey a reality that is far beyond most people's comprehension, but at what point do you cross the line into some sort of sick titillation? And become exploitative of those real women on that video? There's also a fine line to walk in terms of research, which is why I'm resenting this a little bit" — he nods at the screen — "because at what point do you have enough? How many of these do you need to watch before you know what happens, and if you watch more of them than that, why are you watching it?"

Has this had an effect on him?

"Well, I think, sure," he says. "I've covered this fucking thing from the 1970s to the present. So there is a desensitizing factor to it. First time you see one of these things, it's horrific. The 30th time, it's not."

He stops talking and looks at the screen. It is not, in fact, his 30th time — more like his 100th time.

So is this affecting him right now?

"A little bit," he says.

And then, quick as that, he jerks to his feet, saying, "Have a ball, pal," and turns to walk away.

So, let's not do this if it's that painful.

"It's not that painful," he says, puffing up a little. But then: "Well, listen, of course it's painful. Look at it. But there's no story here about the psychological ramifications on me about this. We can watch it. I can show you others if you want. But my reaction to it isn't important. It's the reality of it. It's the suffering of these people. It's not some writer sitting in his nice little place in California, looking at it. Who cares?"

The Zetas push the women to the ground and trade rifles for machetes, a knife, and an ax, and shortly the hacking-up slaughter will begin.

"Happy now?" Winslow says.

No, not happy, no. But sitting here in this nice little California place, it does somewhat suggest what writing about crimes like these might do to a crime writer. In *The Cartel*, for example, Winslow writes about a journalist whose life is destroyed by reporting about Nuevo Laredo's deterioration into a full-blown war zone. It happens.

As for himself, Winslow is incredulous. "What crime does to crime writers?" he asks. "That boat sailed a long time ago. This is not the first death I've seen. Not the first corpses I've spent time with. I mean, I knew I needed to get out of P.I. work when I found myself eating a ham sandwich while looking at autopsy photos of a woman who had been burned to death."

Then why did he get so worked up?

He stammers for a brief moment, then says, quite calmly, "Did I get so worked up?"

And that's it right there. There are no absolutes when it comes to what crime writing might do to a crime writer like Winslow. He'd like to say it's just made him jaded, desensitized, beyond feeling. But quite clearly it's more complicated than that. "I mean, sure," he says, "if you spend the majority of your days looking at mutilated autopsy photos, following the careers of hit men who started when they were 12 years old, murdered women and children by the score, and endless bad things — I don't want to overdramatize this, but, yeah, your days aren't exactly full of chuckles." It's like something else, he says: "I have an expression: A gun makes all things new again." Or like when you're driving deep into the Anza-Borrego and suddenly see tin cans rattling on a wire. Someone's been alerted. And no one knows, but that they could soon be coming for you.

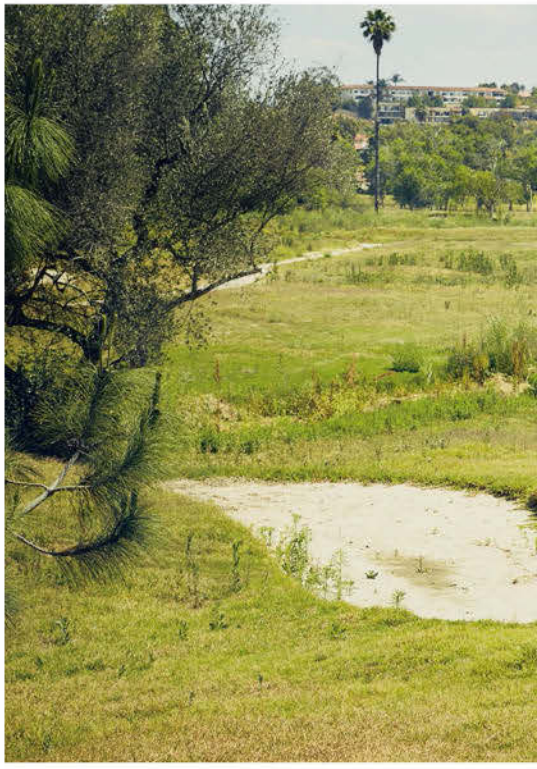




It's expensive, difficult, and demands the kind of time most people get only when they go on vacation — or retire. From the dried-up fairways of Southern California to the vacant course-side condos on the Carolina coast, we survey the sport's demise — and the entrepreneurs hoping to reinvent it for a new, less patient generation.

BY KARL TARO GREENFELD
PHOTOGRAPH BY TODD ANTONY

One night last September, my 15-year-old daughter, Esmee, told me her plan to try out for the girls golf team here in Pacific Palisades, California. While I was pleased with her interest in golf — which I'd played semiseriously, along with seemingly every other man under 40 in the Tiger-dominated late '90s — I felt I had to prepare her for the inevitable letdown. She lacked the requisite power and the repeating, compact swing I assumed were required of a varsity golfer. Do your best, I told her, but be prepared for the possibility that you might not make the team.

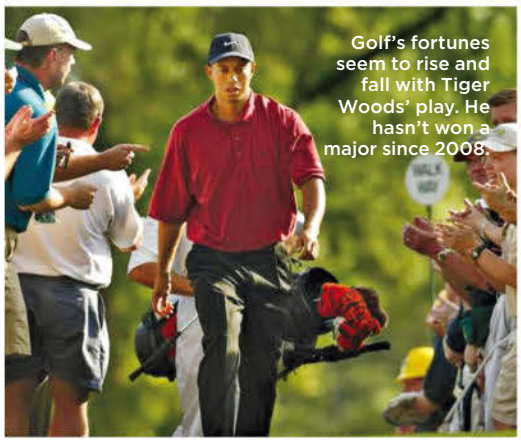


When she texted me a week later to say she'd made the cut, I was stunned. In the years I'd gone to the school, the golf team was a bunch of country club regulars whose swings were nice right-path whips, golfers who'd been playing for a half-decade by the time they got to high school. I asked the coach, James Paleno, what had changed.

"There just isn't the interest we used to have 14, 15 years ago," he says. "Now I have kids showing up who have never hit a golf ball before. Kids are just less aware of golf. They have too many other options. And then when they find out it takes five and a half hours to play 18 holes, they're just not interested."

By any measure, participation in the game is way off, from a high of 30.6 million golfers in 2003 to 24.7 million in 2014, according to the National Golf Foundation (NGF). The long-term trends are also troubling, with the number of golfers ages 18 to 34 showing a 30 percent decline over the last 20 years. Nearly every metric — TV ratings, rounds played, golf-equipment sales, golf courses constructed — shows a drop-off. "I look forward to a time when we've got the wind at our back, but that's not what we're expecting," says Oliver "Chip" Brewer, president and CEO of Callaway. "This is a demographic challenge."

During the boom, most of those 20-somethings who were out hacking every weekend were out there because of one man: Tiger Woods. Golf's heyday coincided neatly with Tiger's run of 15 major golf championships between 1997 and 2008. If you listen to golf insiders, he's the individual most to blame for those thousands of Craigslist ads for used clubs. When Tiger triple-bogeyed his marriage, dallied with porn stars, and seemingly misplaced his swing all at once, the game not only lost its best player; it also lost its leading salesman. The most common answer given by golf industry types when asked what would return the game to its former popularity is "Find another Tiger."



Golf's fortunes seem to rise and fall with Tiger Woods' play. He hasn't won a major since 2008.

But you can't blame one man's wandering libido for the demise of an entire sport. The challenges golf faces are myriad, from millennials lacking the requisite attention span for a five-hour round, to an increasingly environmentally conscious public that's reluctant to take up a resource-intensive game played on nonnative grass requiring an almond farm's worth of water, to the recent economic crisis that curtailed discretionary spending. "Golf is an expensive, aspirational game," says Brewer, "and a lot of millennials are struggling with debt and jobs. If you don't have a job, golf doesn't really fit you very well."

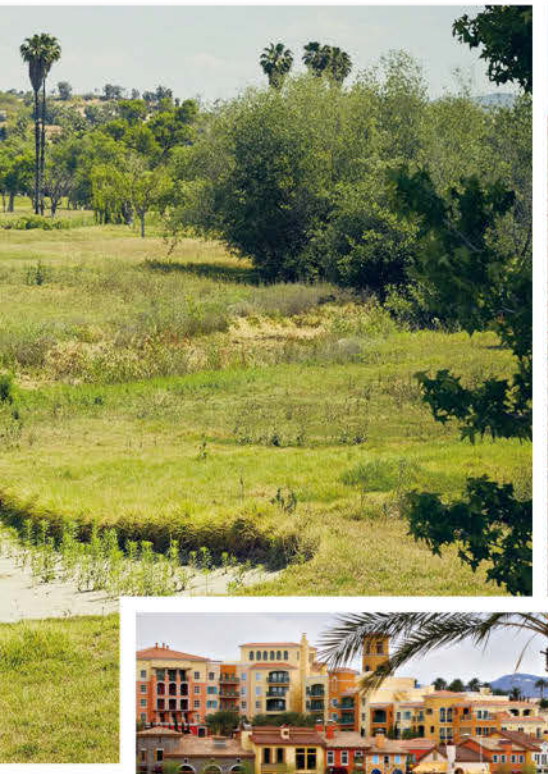
Combine the game's cost with the fact that golf is perceived as stubbornly alienating to everyone but white males — Augusta National, home of the Masters and perhaps the most famous golf club in the world, didn't accept black members until 1990 and women until 2012 — and it's no wonder young people aren't flocking to it. "One of the major reasons golf hasn't been growing is because historically, it has not been welcoming enough," says Greg Nathan, senior vice president of the NGF. "We need to make people feel more comfortable."

Not long ago, the game could count on young fathers to hide out on the links, and weekend tee slots are still filled with plenty of off-duty dads. But it takes two to properly helicopter-parent a family these days, and that means parents are spending more of their weekends at the playground than at the country club.

During the Tiger boom, everything about the game seemed to expand, from the length of the putters to the size of driver heads to the scale of the courses themselves. "When I won the U.S. Open at Bellerive in 1965, the course measured 7,191 yards. It was a monster," notes Gary Player, the only non-American to win a career Grand Slam. "Now," he says, "7,500-yard courses are everywhere." And

KARL TARO GREENFELD *is a journalist and novelist living in Los Angeles. His most recent novel is* The Subprimes.

FROM TOP: JOHN TRICE; MIKE BLAKE/REUTERS







Fairways gone feral, clockwise from top left: The overgrown sand trap at the defunct San Luis Rey Downs; the parched course at Escondido Country Club; Lake Las Vegas, where condos sell for a fraction of what they once did

those courses have raised their greens fees. Pebble Beach may be able to charge $495 for a round, but when your local public course wants $150, it gets steep. And many of those golf courses weren't designed merely for golf; they were the lure for tens of thousands of homes that aimed to deliver one version of the American dream: golf course frontage.

LAKE LAS VEGAS could be the poster development for an entire era of American excess — the real estate boom, the subprime mortgage crisis, and the exuberant overinvestment in golf courses as bait to sell property. The 3,600-acre community built around a 320-acre artificial lake in Henderson, Nevada, featured two Jack Nicklaus–designed golf courses and one Tom Weiskopf course, the primary selling points for homes ranging from $500,000 to $5 million. Ritz-Carlton opened a resort on the lake, which was declared a "Hot Spot" in 2004 by the *Washington Post*.

One of those three golf courses has since closed, the Ritz-Carlton is long gone (it's now a Hilton), and some of the luxury houses have hit the market for as little as $150,000. The golf course has been converted to scrubby trails, and it turns out that homes on a desert are a lot less desirable than homes on a golf course. "For so many years, golf was a tool for developers to sell property," says Phil Smith, a golf course designer who worked with Nicklaus and Weiskopf during the boom. "There wasn't a sense of long-term viability in some of these developments."

As the homes around them hit foreclosure, courses often went neglected, leaving behind what has become a depressingly common sight and the enduring symbol of the sport's sad state in America: the abandoned course going feral. They line the Carolina coast and pepper central Florida, and are littered throughout the West — fairways sprouting dandelion heads, water hazards infested with snapping turtles, rattlesnakes slithering out of bunkers. According to the NGF, a golf course in America closes roughly every two days, while just 11 courses were opened in 2014.

A golf course in America closes roughly every two days.

Ron Gorski, 59, was the manager of the Escondido Country Club when it closed down in 2013. It's one of a string of courses that have gone brown along the Avocado Highway corridor running north from San Diego. San Luis Rey Downs, a couple of miles north, closed in August 2014, and Carmel Highland, just down the highway, hosted its last round in March. Gorski, who resembles the actor and former Tennessee senator Fred Thompson, grew up in Colchester, Connecticut, spending summers playing shirtless at a local course where his parents dropped him off and picked him up in the afternoon a couple of days a week. Now, as he drives his Jeep Cherokee down what used to be the first fairway, he shakes his head as he shows me the water hazards gone dry, the stumps where the pine trees used to be — the course now a nocturnal playpen for local wildlife. The tennis courts are cracked, the swimming pool drained, the pro shop gutted. Hawks circle overhead.

The last foursome walked off the course on March 31, 2013, wrote their scores on their Escondido Country Club cards, and drove off.

"It was a damn shame," Gorski says, "but we tried everything under the sun. Lowering greens fees. Kids play free. Two for one. The owners were doing all kinds of Groupon deals, and the remaining members didn't like it." By the time Escondido Country Club closed, there were only 120 members, most paying $300 a month. "That didn't even cover our water bill."

The course was designed in the early 1960s to play through the upscale Escondido neighborhood of midwestern transplants who came to claim their place in the sun in ranch- and mission-style homes backing onto the course. The home-

FROM TOP: CHARLIE NEUMAN/U-T SAN DIEGO/ZUMA PRESS; RON NIEBRUGGE/MIRA.COM



One of 13 Topgolf locations in the United States

owners could drive their golf carts off their backyards onto the fairway and then up to the clubhouse. Gorski remembers the good times: "On Friday nights the place was hopping. There were gin rummy games going in the back room. And now look at this."

We've parked and are making our way through the taproom. The San Diego County sheriff's department did canine training here for a while, hiding packages of drugs somewhere in the vast clubhouse and letting the hounds run through the place.

As Gorski steps over the old utility bills and bank statements scattered all over the floor, he looks around the front dining room, notices fresh chunks of missing drywall, and says, "Someone's been in here." Scavengers have returned, jimmying open a side door and trying to strip out the copper piping from the walls. "There's not much left to take in here."

The owner of the course, a development firm named, aptly, Stuck in the Rough, intends to turn the acreage into a residential development, an option available to resorts in prime residential areas. "What else could you do with the place?" Gorski asks. "Golf just didn't work. We couldn't get the young families to come out."

Even before it was shuttered last fall, the Malibu Golf Club decided to cut down drastically on its exorbitant water bill. "They were only watering the tee boxes and the greens," says former club pro Gene Hori. "The good news was you could hit these monster drives, because the fairways were like asphalt and the ball would skip forever."

Now, the manorial wrought iron gates in front of Malibu's only golf club are padlocked, and a sign hangs zip-tied to the metal: BEWARE OF GUARD DOGS ON PATROL. The man who currently oversees the course, Tom Hix, 61, has gray hair in a thick shock and a forehead pork-belly pink from the California sun. He is a co-managing member of Malibu Associates, which bought the course near the peak of the golf boom, in 2006, and then filed for Chapter 11 last March. They put up the guard dog signs shortly after, to ward off would-be trespassers. (There are actually no dogs.) Hix has been developing golf courses for 30 years, as president of real estate and golf course developer Hix Rubenstein, and will not let his clubhouse be scavenged for scraps.

Instead, he has a vision: cutting down the seven-figure water bill by reducing water consumption and introducing a water-saving sewage-treatment facility that will satisfy 10 percent of the course's water needs. And then turn the Malibu Golf Club into a health-and-wellness center that just happens to include a golf course. "The days of private golf clubs are numbered," he says, "and you have to have something different." That means building 40 four-bedroom villas, Beverly Hills housewife–level spa facilities, several restaurants, conference centers, and screening rooms, all housed in LEED-certified buildings and largely powered by solar panels. "By the time we're done, golf will be really ancillary." He's reassuring potential investors that only 20 percent of the revenue from the club will come from golf; the rest will be from locally sourced produce, barre-method fitness classes, and spa treatments.

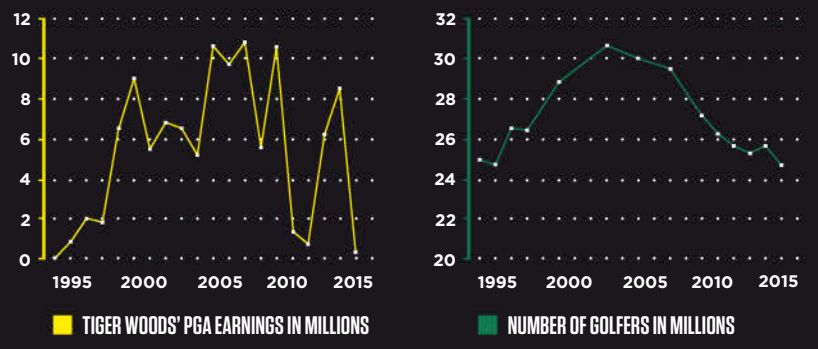
In other words, make a golf course seem less like a golf course. "There's nothing else we can do to make this work."

BY NOW THE VARIOUS ATTEMPTS to "save" golf by making the game faster, cheaper, and easier to play have all taken on an air of desperation. There have been a number of initiatives and innovations designed to lure younger players onto the course — most of them attempts to speed up the game. "Golf is losing fans because of time," says Phil Smith. "We need to provide for that." That means shorter courses, some three- or four-hole loops that can be played "through" existing courses, or bigger holes or short-game areas — anything so that a player can go out and swing a club and get back before *(continued on page 100)*

HOW GOLF'S FORTUNES ROSE AND FELL WITH TIGER WOODS

When its top player skidded off the fairway, the game followed him into the rough.

By SHAWN McCREESH



157 NUMBER OF GOLF COURSES **CLOSED** IN 2013

14 NUMBER OF GOLF COURSES **OPENED** IN 2013

NUMBER OF GALLONS OF WATER USED DAILY TO MAINTAIN THE AVERAGE COURSE

135K

THE CASE FOR A FASTER, EASIER GAME

Golf's would-be saviors are trying to make it more accessible.

45
Estimated minutes of playtime saved on a course with 15-inch holes

5,000,000
Number of Polara balls — designed with an asymmetrical dimple pattern to keep balls straight for an easier play — sold since 2011

BEN AND KELLY PHOTOGRAPHY/COURTESY OF TOPGOLF

ADVERTISEMENT

SIGHTINGS / @SightingsMJ

Must-have products, promotions and services to fuel an active lifestyle



TALK WHOLESOME TO ME

Pick up a friend with benefits… nutritional benefits. It's time to #GetFresh in the freezer aisle with Luvo and take home the hottest thing in fresh-frozen cuisine.

Luvoinc.com



BIG AGNES CHIMNEY CREEK 4 MTNGLO™ TENT

Winner of *Backpacker* magazine's 2015 Editors' Choice Award for its built-in LED lighting, this 4-person, 3-season camping tent features ample living space, comfort and convenience.

REI.com



RINGO STARR ROCKS OUT IN COMFORT WITH RELAXED FIT SHOES FROM SKECHERS

Even if you can't play the drums like Ringo, you can walk in his shoes with SKECHERS Relaxed Fit Expected - Avillo canvas slip-ons, featuring a roomy fit and memory foam insole.

Skechers.com



THE SLOWER WE MAKE IT, THE FASTER YOU EAT IT

At *Oscar Mayer*, we take our time by curing all of our bacon for 12 hours, then it's on to our natural hardwood smokehouse for another 12 hours. Because bacon this good can't be rushed.

OscarMayer.com/bacon



©2015 General Motors. All rights reserved. The marks appearing in this ad are the trademarks or service marks of GM, its subsidiaries, affiliates or licensors.

Hit the Beach in Style

From an extra-large umbrella to waterproof gadgets, here's the stuff that will make your next trip to the shore even better.

The Long-Haul Lounger

Made from kiln-dried ash — like that other American summer classic, the Louisville Slugger — the **Blue Ridge Chair Works Outer Banks Chair** is a sturdy and comfortable four-position recliner with two mesh cup holders. (We used one for a drink, the other for a phone and sunglasses.) But its solid build and luxuriously wide seat come at a cost: The chair is bigger than other collapsible models. Even folded, it took up most of a Honda Fit's trunk.

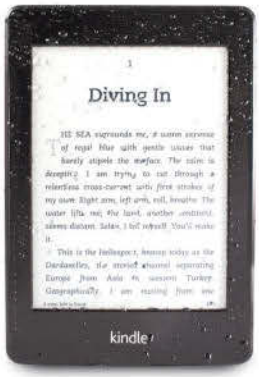
$202 | blueridgechair.com

by **JEFF DENGATE**

The wide seat and padded headrest make this lounger supremely comfortable for a waterfront siesta.

STYLING BY ANGELA CAMPOS FOR STOCKLAND MARTEL

photograph by **VICTOR PRADO**



The Beach e-Book

A Kindle seems perfect for the beach, but it's no match for water and sand. One company has solved that problem, sans a bulky hard-shell case. The **Waterfi Waterproofed Kindle Paperwhite** is filled with a rubbery insulation that seals off the sensitive electronics, letting the device withstand plunges up to 210 feet deep. Now you can take your book from sand to raft without worry. **waterfi.com; $240**



The Portable Bocce Set

Pack the compact **Beach Bocce Ball** set into its cool zip-up case to make carrying easy. It includes a target ball and enough crackproof, colorful, injection-molded 3-inch balls for 4 players. Also helpful: a rule guide and a measuring string to settle arguments, so nobody gets thrown into the surf. **seaturtlesports.com; $115**



The Rugged Radio

You won't find a more durable Bluetooth speaker than the resin- and aluminum-encased **Fugoo Tough XL**. Beneath its nearly indestructible 12-inch shell are 8 sealed speakers that churn out tunes in 360 degrees, even if you bury the speaker in sand or throw it into the water. Loud and clear, it produces surprisingly strong bass for such a small package. Best of all, a 35-hour battery will last through the weekend and can be used to recharge your other USB-powered devices. **fugoo.com; $330**

The Party-Size Cooler

With space for a hundred 12-oz cans, the **Coleman 70-Quart Xtreme Cooler** can help your whole party stay hydrated during a long day in the sun. Its foam core keeps drinks cool for up to five days, even in 90-degree heat, while its exterior construction is rock solid — the lid doubles as a seat when too much fun in the sun takes its toll. **coleman.com; $80**





The Summer Shelter

The **Sport-Brella XL** has you covered all day long. When the sun beats down at high noon, stand the umbrella up in the sand for a 9-foot canopy that will cast a wide shadow onto the sand below. For windy days or when the sun starts to dip, tilt it on its side and open the flaps to create a tentlike barrier that the whole family can fit inside. **sport-brella.com; $80**

The Compact Towel

Crafted in a box-weave, the **Outlier Grid Linen Towel** is tough and absorbent and becomes softer over time. Use the 26- by 26-inch version to pat yourself dry after taking a dip, but opt for the 35- by 58-inch if you want to spread out on the sand: It's as big as a normal beach towel, and the linen dries faster than cotton. Bonus: It rolls remarkably compact. **outlier.cc; $60**



The Wave Hugger

A versatile board that suits any style, the **Hubboards Dubb Edition PP HD 42" Bodyboard** is shaped to let you ride waves on one knee or standing as easily as lying on your stomach. The stiff foam board is designed for faster speeds, especially in summer's warm water. **hubboards.com; $230**



The Hubboards' crescent-shaped tail allows for more stability and better control in the surf.



The Easy-Breathing Snorkel

The **Kapitol Reef Snorkel/Mask Combo** makes it easier to stay relaxed underwater by adding resistance when you exhale — the effect reduces panic and fatigue so you can breathe more naturally and hold your breath longer. Plus, the snorkel has separate inhale and exhale tubes, letting you take in more fresh air with each breath while keeping water out, even when diving below the surface. **kapitolreef.com; from $65**

The Sand-Repelling Mat

Towels get wet and take on sand by the ton. So first lay down the **CGear Sand-Free Mat**. The tightly woven underside keeps dirt from rising up through the mat, but its looser top weave lets sand sift down through the surface. Pound stakes through the D-rings to prevent it from blowing in the wind. **cgear-sandfree.com; $50**





The Underwater iPhone

Turn your smartphone into a top-notch underwater camera with the **Watershot Pro Line Kit for iPhone 6**. The fully submersible case is watertight to 195 feet and strong enough to survive rocks and reefs, and it comes with a removable wide-angle lens to let you capture panoramas in the deep. **watershot.com; $190**

DANIEL MAYFIELD (WATERSHOT PRO LINE KIT)

Summer's Best Suits

A new breed of trunks boasts faster-drying fabrics and flattering modern cuts.

by **JESSE WILL**



BEST FOR **POOLSIDE LOUNGING**

Onia Bonded Calder

1 This New York City–based swimwear brand gets the details right, from soft but hard-wearing mesh to indestructible nickel closures. The 7.5-inch-inseam trunks have a chino-inspired cut but are quick-drying nylon-spandex. **onia.com $175**

BEST FOR **BEACH TO BAR**

Faherty Classic Boardshort

2 Though these 7-inch-inseam trunks look retro, the Classic is a modern, versatile suit. Made from 85 percent recycled polyester and 15 percent cotton, they feel like regular shorts when you go for evening drinks or dinner. **fahertybrand.com $138**

BEST FOR **SMALLER FRAMES**

Birdwell 310

3 This modern take on the classic lifeguard suit from Birdwell has a short inseam, trim leg openings, and a design intended to be worn lower on the waist. It's ideal for shorter men (although a tall, skinny guy could pull them off, too). **birdwell.com $79**

BEST FOR **ATHLETIC BUILDS**

J.Crew 6.5 Tab Swim Short

4 If you've worked hard in the gym all spring for a more sculpted body, don't hide it in long, baggy shorts — show off the goods. A 6.5-inch inseam displays more leg and reveals your svelte profile in these quick-drying and moisture-wicking nylon trunks. **jcrew.com $75**

BEST FOR **STANDUP PADDLEBOARDING**

Under Armour Aita Boardshort

5 These trunks are loaded with tech: Bonded seams fend off chafing, and the UPF 30–rated polyester and elastane stretch fabric fights off sunburn and odor. The cut is generous, so they're ideal for aerobic paddleboard jaunts. **underarmour.com $65**

BEST FOR **SURFING**

Hurley Phantom Julian Elite

6 These 19-inch trunks stay secure with a barely-there wire waistband, while the polyester and spandex blend can stretch dramatically during a session in the waves and dries exceedingly quickly afterward. **hurley.com $150**

New Trunk Rules

Designer Mike Faherty has tips for buying your next pair.

THEY WEAR ALL DAY: To go from beach to bar, opt for a blend of polyester with enough cotton so that they feel like normal shorts. With a subdued color, nobody will know you're in a bathing suit.

SLIM IS IN: Trunks are getting slimmer and shorter, and that's good, because less fabric means less time in a wet suit.

WATCH THE LEGS: If you're skinny, the length of the short doesn't matter as much as the size of the leg opening: Smaller is better.

BASICS ARE BEST: If you're self-conscious about stripping down to your suit, stay away from that fluorescent shark print.

VICTOR PRADO (ONIA, UNDER ARMOUR, HURLEY); MICHAEL PIRROCCO (FAHERTY, BIRDWELL, J.CREW)



WeatherTech®

CUSTOM-FIT AUTOMOTIVE ACCESSORIES TO PROTECT YOUR VEHICLE







Accessories Available for

Acura · Audi · BMW · Buick · Cadillac · Chevrolet · Chrysler · Dodge · Ferrari · Ford · GMC · Honda · Hummer · Hyundai · Infiniti
Isuzu · Jeep · Kia · Land Rover · Lexus · Lincoln · Maserati · Mazda · Mercedes-Benz · Mercury · Mini · Mitsubishi · Nissan
Oldsmobile · Plymouth · Pontiac · Porsche · Saab · Saturn · Scion · Subaru · Suzuki · Toyota · Volkswagen · Volvo · and more!

Order Now: 800-441-6287

American Customers
WeatherTech.com

Canadian Customers
WeatherTech.ca

European Customers
WeatherTechEurope.com

© 2015 by MacNeil IP LLC

Pick the Right Mower

Increased power and maneuverability make it easier than ever to find a cutter that fits your lawn.

by **SAL VAGLICA**



BEST FOR **THE GAS-PHOBIC**

Echo 58-Volt Cordless Lawn Mower

The knock against cordless mowers has always been run time and toylike quality. The Echo solves both with 40 minutes of grass-shearing power (that's enough for up to an acre of yard) from a 58-volt lithium-ion battery and an efficient brushless motor. We appreciated the quick, effortless starts and the 7 height adjustments from ¾ to 4 inches. **echocordless.com $499**



BEST FOR **YARD-WORK HATERS**

Robomow RS630

Not unlike a robot vacuum, the 44-lb Robomow is set loose on your lawn — while you stay inside drinking a beer. With a battery that lasts up to an hour per charge, the mower weaves a random pattern but eventually cuts every inch of a ¾-acre lawn. Small but mighty, it's even quiet enough to run at night without waking the neighbors. **robomow.com $2,099**

BEST FOR **A HILLY YARD**

Craftsman 22" All Wheel Drive Lawn Mower

This gutsy 22-inch-wide machine pulls its weight with all-wheel-drive power. That makes ushering the 92-lb mower around the yard a lot easier. Because hills are more prone to scalping, the 9 cutting heights let us dial in the right setting with an almost OCD level of control. **craftsman.com $400**



The engine's weight sits over the rear-drive wheels to deliver better traction on hilly lawns.



BEST FOR **FLAT LAWNS UP TO ¾ ACRE**

Toro 30" TimeMaster

A 30-inch deck might not sound like much of an upgrade from a standard 21-incher, but it'll let you finish the Sunday-morning cutting session in almost half the time. Suitable for large lawns, the Toro is still svelte enough to squeeze through a garden gate. Two blades spin opposite each other, producing a fine cut. **toro.com $1,050**



BEST FOR **A HUGE YARD WITH TREES**

Husqvarna R120S

The R120S mows straight runs at nearly 7 mph, and you'll like the responsiveness in corners. A hinged, articulating frame delivers a tight 31.5-degree turning radius to quickly zip around trees and bushes. The quirky design places the 500cc engine behind you, leaving space up front for the mowing deck and a clear view of the cutting path **husqvarna.com $1,900**



Get a Big League Lawn

New York Mets head groundskeeper **Bill Deacon** shares tips to achieve a durable, good-looking yard.

1. Mower Care

Sharpen your mower's blade two or three times a year and any time after hitting a rock or something that could nick the blade. If the grass tips are torn or ripped, instead of cleanly sheared, it's time to sharpen.

2. When to Water

Most people overwater. Oxygen is key to growing grass, and too much water pushes oxygen out of the soil. I let my grass just start to wilt — you can tell when walking on it leaves footprints — then irrigate.

3. Feeding Time

If you can feed only once a year, go with a late summer or early fall dose. You'll want to use a fertilizer in which at least 50 percent of the nitrogen is a slow-release type, which feeds for 8 to 10 weeks. Also key to a healthy lawn is aeration: making small holes in the soil to allow air, water, and nutrients to penetrate the ground.

4. Lawn Type

For a lawn that stands up to summer cookouts and baseball games, it's important to choose the right grass. Tall fescue is a good option for the cooler seasons in the North, and Bermuda works for the warmer climes of the southern states.



"When I need fast, safe and effective relief from muscle aches and pains, I count on Tiger Balm. With its time-proven blend of herbal ingredients, it's a pill-free solution to pain I can always depend on."



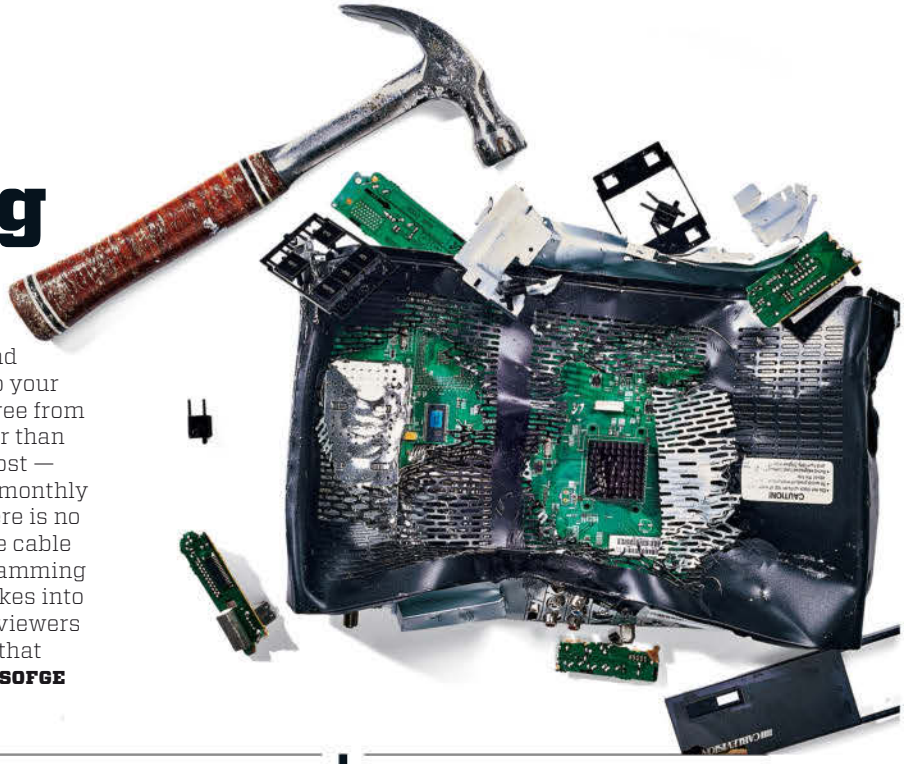
TIGER BALM®
Works Where It Hurts

Available at all major retailers.

Visit tigerbalm.com for the retailer nearest you.

Follow us at facebook.com/TigerBalmUS for the latest promotions!

Cable Cutting Done Right



With the growing number of devices and services that deliver content directly to your TV without a cable account, breaking free from everyone's least favorite utility is easier than ever. You can stream the programs you watch most — and save money at the same time. (The average monthly cable bill in the U.S. is roughly $80.) Because there is no single solution for replacing every channel in the cable universe, cord-cutters need to identify the programming they really can't live without. The guide below takes into account the watching habits of three typical TV viewers and explains the essential services and devices that they need — and the money they'll save. **by ERIK SOFGE**

The Series Binger



BUY THIS
Amazon Fire TV Stick
($39, amazon.com)
STREAM THESE
Amazon Prime, Netflix, HBO Now, Hulu Plus

Seeing most buzz-worthy shows without a cable box is as simple as plugging an Amazon Fire TV Stick into your TV's HDMI port. The device has a best-in-class remote and allows you to access popular streaming services like Netflix in addition to Amazon Prime (which is the only place to watch *Transparent*). To catch up on network shows — say, *The Simpsons, Saturday Night Live,* and *Blacklist* — add a Hulu Plus subscription. That service has recently beefed up its selection of shows that can be watched after they originally air (although some don't appear until up to 8 days later).

WHAT YOU LOSE You're going to have to dodge spoilers around the office watercooler: Many networks, including AMC (*Better Call Saul, Walking Dead*), wait to put their shows on streaming services. And you'll miss big network events like the Grammys and the Oscars.

MONEY SAVED The combined per-month cost of Amazon Prime ($8.25), HBO Now ($15), Hulu Plus ($8), and Netflix ($9) comes to $40.25 — that's a little more than half of what most cable customers in the U.S. pay per month.

The Movie Buff



BUY THIS
Apple TV
($69, store.apple.com)
STREAM THESE
iTunes, Hulu Plus

The sleek and simple Apple TV is still the only way to link your flatscreen to iTunes, which has the most comprehensive catalog of streamable movies. The catch: You'll need to rent or buy them, since Apple doesn't yet offer an all-you-can-stream package. If you like classic movies, then also get Hulu Plus, which streams around 900 titles in the Criterion Collection, including masterpieces like Akira Kurosawa's *Seven Samurai* and Federico Fellini's *8½.* Apple TV also lets you add services like HBO and Netflix, but that can bloat your monthly fees.

WHAT YOU LOSE Say goodbye to the impulsive joy of coming across a James Bond marathon while channel surfing. But in place of that spontaneity is the ability to watch high-quality movies whenever you want — only in this case you pay à la carte.

MONEY SAVED With this setup you are saving a whopping $70 per month (just factoring the cost of Hulu Plus). That leaves plenty of extra cash to rent movies from iTunes. (New releases are about $5.99, and many others are $3.99 and under.)

The Sports Fan



BUY THESE
Roku 3/Mohu Curve 50 HDTV Antenna
($99, roku.com; $79, gomohu.com)
STREAM THESE
Sling TV

The recent introduction of Sling TV has liberated one of cable's last holdouts: the sports nut. The service allows you to stream ESPN and ESPN2 (and that basic package also includes favorites like AMC, TNT, and TBS). The best hardware to go with it is a Roku 3; it has the most intuitive onscreen interface of any streaming box (and it's 50 percent off for Sling TV subscribers). The major events — the NCAA Final Four and Super Bowl — are still broadcast over the air, and you can snag those free with an HD antenna like the Mohu Curve 50.

WHAT YOU LOSE Hard-core sports fans could be among the hardest hit by cutting the cable. Anything other than the biggest mainstream events might not be available, and if you're a fan of tuning in to your local team every night, blackout restrictions can prevent streaming those games.

MONEY SAVED If you're content bingeing on ESPN, a $20 Sling TV package will suffice — and save you $60 a month over cable. But subscribing to services like MLB.TV ($130 a year) and NBA League Pass ($180 a year) will add up fast.

MICHAEL PIRROCCO

NEW! sling TELEVISION

Limited Time Offer
Watch Sling TV Instantly for 7 Days FREE!

NOW GET THE BEST OF LIVE TV

FEATURING ESPN AND MORE

$20 A MONTH TAKE BACK TV

EASY ONLINE CANCELLATION



ADD HBO® FOR JUST $15 MORE PER MONTH

WHEN YOU GET THE BEST OF LIVE TV

ENJOY THE BEST OF LIVE TV with ESPN, TNT, TBS and much more!

WATCH ON YOUR TV, TABLET, LAPTOP OR PHONE so you won't miss that next big TV event.

GUARANTEED LOW PRICE THAT STARTS LOW—AND STAYS LOW – with no annual contracts, bundles, miscellaneous fees, appointment hassles or clunky equipment needed.

WATCH SLING TV ANYTIME, ANYWHERE.

GET THE SLING TV APP ON THESE DEVICES:

Roku · PC/MAC® · amazon · iOS · android · XBOX ONE

THE BEST OF LIVE SPORTS, BREAKING NEWS, HIT SHOWS & MORE

ESPN · ESPN2 · HGTV · CNN · CN · food · travel · MAKER · tbs · TNT · abc family · Disney Channel · AMC · HISTORY · A&E

ALL TRADEMARKS ARE THE PROPERTY OF THEIR RESPECTIVE OWNERS.

Are you ready to take back TV?

Start watching live TV INSTANTLY for 7 DAYS—FREE!

sling.com/offer9 or 1.888.365.3679

Promotional Offers: Free trial: Available to new customers upon account activation. Must provide email address and credit card. HBO may not be available as part of the free trial. **Billing and Cancellation:** After any promotional period your credit card will be charged monthly for applicable subscription until you cancel your service. Cancel anytime on Sling.com or by calling 1 (877) 811-4788. Programming fees are charged monthly in advance and no credits or refunds will be issued for partial months after cancellation. **Equipment Requirements:** Requires internet-connected compatible device. Compatible devices include: PC or Mac, Roku, iOS 7.0 and higher, Android 4.0.3, Amazon Fire TV, Amazon Fire Stick, Google Nexus and Xbox One. Watching on TV requires use of Roku, Amazon Fire TV or Fire Stick. Viewing limited to one device at a time. **Miscellaneous:** Certain programs may be unavailable due to programmer restrictions or blackouts. Only available within the United States. State and local taxes apply. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. Other restrictions may apply. See Sling.com website for details. **Offer ends 8/31/15.** ESPN and ESPN2 are registered trademarks of ESPN, Inc. ©Disney. All Rights Reserved. All trademarks are the property of their respective owners. HBO® and related channels and service marks are the property of Home Box Office, Inc. CNN, CN Cartoon Network, TBS, & TNT logos are trademarks of Turner Broadcasting System, Inc. A Time Warner Company. All Rights Reserved. ©2015 Sling TV L.L.C. All rights reserved.

Packs for All Pursuits

These small, lightweight backpacks are comfortable and highly durable, with just enough storage for a day's activity.

by **RYAN STUART**



The back panel of the Zealot 15 zips open, making it easier to reach gear, even if it's stashed in the bottom of the pack.

BEST FOR **MOUNTAIN BIKING**

Osprey Zealot 15

For one long ride, we stashed a day's worth of gear in the Zealot's main pocket and sucked water from the 3-liter bladder. On rocky descents, the pack stayed glued to our back and the hydration hose didn't bounce — it locks onto a magnet. And when we got a flat, we opened the dedicated repair sleeve, which kept our tools, spare tube, and pump organized. **ospreypacks.com $140**



BEST FOR **URBAN COMMUTERS**

Timbuk2 Especial Medio

This slim-cut pack is a good option no matter how you get to the office. Two-wheel commuters will appreciate the foam backing, which helps vent sweat but retains the bag's shape, and the adjustable waist and shoulder straps, which keep the pack sitting just right. We especially liked how it can be used as a daily carry, but if you need more storage, there's a hidden expandable area. Lots of pockets make it easy to organize gear, and the waterproof main compartment includes a laptop sleeve. **timbuk2.com $179**



BEST FOR **WATER SPORTS**

Fishpond Westwater Roll Top

Like a dry bag, the Westwater's roll-top design, burly waterproof fabric, and welded construction protected our overnight camping supplies from an overturned canoe. But unlike most submersible backpacks, this one carries nicely, too. Loaded with fishing gear (including a rod attached to the side) for a hike back to a lake, the well-padded harness and waist-belt system felt almost as stable as those of a larger hiking pack. **fishpondusa.com $150**



BEST FOR **PHOTOGRAPHY**

Mountainsmith Spectrum

Perfect for anyone who likes to shoot on the go, the Spectrum has a dedicated, zippered DSLR compartment on the side, which meant we easily reached our camera before a bald eagle could take flight. One of a series of packs designed with input from adventure photographer Andy Mann, the Spectrum is the most everyday friendly: It has padded pockets, a 17-inch laptop sleeve, water-resistant fabric, a rain cover, and plenty of room for layers, food, and water. Plus, its casual style doesn't scream, "I'm carrying thousands of dollars in camera gear!" **mountainsmith.com $120**



BEST FOR **HIKING**

Mountain Hardwear Scrambler 30 OutDry

To waterproof its already-solid hiking pack, Mountain Hardwear heat-laminated a barrier inside, even sealing the seams. Without a roll-top lid, the Scrambler is not plunge-proof, but after a daylong hike in a Pacific Northwest downpour, we can say it's the next best thing. The versatile design is small and light, but the pack can haul skis, ice axes, ropes, and other gear for a full day's hike. The contoured back panel was supportive and comfortable. **mountainhardwear.com $130**



Game-Improving Shades

Sharper lenses and better-fitting frames ensure full coverage — whatever the sport. by **WILL PALMER**

BEST FOR RUNNING

Julbo Venturi

1 A runner needs frames that stay in place through sweat and endless bouncing. On long runs over mountain trails, the Venturis did the job, thanks to moldable stems and a nosepiece that helped get them in just the right position. Tight-locking hinges, excellent venting, and photochromic lenses round out the package. And a light package it is, weighing just over an ounce. **julbousa.com $180**

BEST FOR HIKING

Smith x Howler Dockside

2 While its matte tortoise frame and orange temple exude a casual vibe, the Dockside has the technical chops to hack a day on the trail. Austin-based apparel upstart Howler Brothers teamed with sunglasses maker Smith Optics, leveraging the latter's chunky frame, which delivered broad coverage and eliminated side glare — plus, the ChromaPop lenses made colors really vibrant. **howlerbros.com $209**

BEST FOR TENNIS

Tifosi Pro Escalate

3 The versatile ICS (interchangeable component system) is well suited for fast-paced play and variable conditions on the court. The set comes with shield, open-lens, and full-frame options, with two lens colors for each. Changing lenses is a snap, and those six combinations had us covered on both bright and cloudy days. **tifosioptics.com $150**

BEST FOR GOLF

Adidas Kumacross 2.0

4 These tough nylon frames are just what a golfer wants a pair of shades to be: snug-fitting and barely there. Much to our surprise, they didn't budge when we looked down, despite having no rubber on the temples. Credit the curved design that applies slight pressure to the back of your head without causing any pain, even after 18 holes. A light pair of shades, it weighs less than an ounce. **adidas.com From $158**

BEST FOR CYCLING

Oakley Cavendish Prizm Road Jawbreaker

5 Oakley's new bike-centric shades are loaded with rider-ready tech. Most noticeably, the huge field of vision is maximized in the upper periphery, exactly where cyclists train their eyes when leaning on the handlebars and looking down the road. Plus, the temples adjust, so they fit comfortably under any helmet. On sunny rides, the Prizm Road lenses made lines on the road — and dangerous cracks and dips in the pavement — really stand out. **oakley.com $240**

STYLING BY ANGELA CAMPOS FOR STOCKLAND MARTEL

photograph by **VICTOR PRADO**

Pro Juice at Home

The latest juicers make it easy to prepare fresh, nutritious drinks on your countertop. Chef Jeff Mahin eviscerated buckets of fruits and vegetables to see which machines perform best.

by **JESSE WILL**

RATED (1 to 10)



Omega Twin Gear TWN30S

8 "You really have to break out the instructions," Mahin warns of the double-barrel Omega. But the masticating unit proved to be a master at extracting liquid, yielding 80 percent of the weight of apples in juice, and 60 percent of spinach's, leaving only dry fibers behind. It produced the most flavorful nut milk, too. However, it's big and pricey. "I'd use it in my professional kitchen. Otherwise it's geared for extreme home juicers, the 3 percent." **omegajuicers.com $600**

EXPERT TEST



→ CHEF JEFF MAHIN is co-owner of restaurants in Chicago, Los Angeles, and Maryland. He tested these juicers at M Street Kitchen in Santa Monica, California.



Bella 5-Speed Juice Station

Chef Mahin had high hopes that this bargain juicer could do battle with the big boys. With plenty of chrome and counter appeal, it looked like a compact unit capable of punching above its weight class. Mahin found some of its settings puzzling (there's one just for nectarines). During the test, it made a frothy apple juice with a 50 percent yield (on a par with the KitchenAid below) but began to leak and couldn't handle spinach. Within 10 minutes, the machine started to fail. **4** **bellahousewares.com $100**



Kuvings Whole Slow Juicer

"It's a pain to put together, with lots of pieces," says Mahin of this small-footprint unit, but the Kuvings extracted fantastic, bright-tasting juice out of everything he fed into it, from apples to spinach to almonds. "This is easily the best for the home for two reasons: The chute is huge, so you can just throw any fruit or vegetable you've got in your refrigerator into it without thinking; and the yield is so high that everything you put in, you know you're gonna get out." **9** **kuvingsusa.com $430**



KitchenAid Maximum Extraction Juicer

This unit has smart features like a ceramic grater, a wide chute, and a BPA-free container with a lid (handy for the refrigerator), but it was wasteful with leafy greens, yielding only a quarter-cup of juice from 6 cups of spinach. "It's great if you want to make a large amount of juice from soft, high-water-content fruits — apples or citrus. But it can't handle more complex blends," says the chef. **7** **kitchenaid.com $500**



Hurom HH Elite Series Slow Juicer

By employing a big, heavy bulb to crush and squeeze produce, the Hurom makes a juice that's more resistant to oxidation than higher-RPM units. It produced an exceptionally high yield, and apple juice lasted 17 minutes before browning. Mahin's only complaint is the slender chute. "It forces you to chop fruits and vegetables into small pieces — a step that could prevent you from using it every day." **8** **hurom.com $400**



our best selling dress shirt
white pinpoint oxford

SPECIAL INTRODUCTORY PRICE **$19.95**

reg. $69.50-$74.50

- white 100% cotton
- 6 collar styles
- button or french cuffs
- regular, big & tall or trim
- 14½" x 31" to 20" x 37"

- FREE monogramming (reg. $10.95)
- Add this silk tie for $19.95 (reg. $62.50)

Blue, Black, Red, Yellow, Green or Orange.

Paul Fredrick

paulfredrick.com/special

800-309-6000

Specify promotional code CWMSMJ

FREE EXCHANGES. New customer offer. Limit 4 shirts per customer. Shipping extra. Cannot be combined with other offers. Expires 7/31/15.

Safer Nonstick Pans

With ceramic surfaces free of harmful chemicals, these do-it-all skillets are better than ever. Chef Tony Maws put these five to the test in his Boston restaurant.



by **JESSE WILL**

RATED (1 to 10)



Viking 3-Ply 12" Fry Pan With Mirror Finish

"This feels the most professional of the bunch," said Maws of this 18/10-grade stainless steel pan and called its conductivity "great" over a gas burner, less so on an electric cooktop. He found that the nonstick coating held up flawlessly — not a scratch — to heavy use during his monthlong test. **7** **clippercorp.com $200**



GreenPan Paris 12" Open Fry Pan

"I'm all about the GreenPan," said the chef. The skillet's sturdy, oven-safe stainless steel handle was a hit: "It has ergonomics that were the most universally liked by our cooks." He also liked the high sides, which reduce splatter and increase cooking capacity. Bonus: Its ceramic coating showed no wear. **9** **greenpan-shop.com $70**



Cuisinart 12" GreenGourmet Ceramic-Based Nonstick Fry Pan

Maws put this anodized aluminum pan's heat conduction in the middle of the pack — it crisped fish skin unevenly — but he thought its nonstick coating performed better than that of some others. The key barometer? It wiped clean even after a month of continuous cooking. **7** **cuisinart.com $60**



Tramontina Style 12" Porcelain Enamel Earth-Tone Fry Pan

This budget pan's colorful design wasn't enough to win over Maws. "What were they thinking?" he said. "The rubber doesn't cover the entire metal handle — it's incredibly awkward. And it's the only pan in the test whose handle got substantially hot." **4** **walmart.com $40**



EXPERT TEST

→ **CHEF TONY MAWS** is a James Beard Award winner and the chef-owner of Craigie on Main, a seasonal nose-to-tail eatery in Cambridge, Massachusetts. He cooked with our pans over a month, testing them in his other restaurant, Kirkland Tap & Trotter, in Somerville.

The High-Style Skillet

6 "This one drew a lot of attention — everybody in the kitchen thought it was pretty," Maws said of the **NuWave Duralon Ceramic Nonstick Fry Pan** and its copper-colored interior. And while its ceramic coating held up (a skin-on ocean perch slid right off without the use of oil), its cooking surface stained over the course of the test. Maws also found it a challenge to grip the pan's slender handle. "I don't know whose hand it's designed for," he said. **nuwavenow.com $50**

PAN-ROASTED SQUASH WITH FRIED EGGS AND TOMATILLO SAUCE

Maws' all-time favorite brunch dish is best with fresh ingredients from the farmers market.

10 tomatillos, peeled
1 jalapeño chili
3 cloves garlic
10 sprigs cilantro, plus 2 tbsp, chopped
5 tbsp olive oil
1 tsp fresh lime juice
Salt and pepper
4 cups assorted squashes, diced
4 eggs

1. Blister tomatillos, jalapeño, and garlic in a skillet over medium heat. Turn heat to high, stir in cilantro sprigs and 3 tbsp olive oil. Add lime juice, salt, and pepper.
2. Pan-roast squash with 2 tbsp oil, salt, and pepper in a skillet on medium-high heat until slightly caramelized. Add chopped cilantro.
3. Fry eggs in a skillet.
4. Spoon the tomatillo sauce into the bottom of a bowl. Add the roasted squash, and place the eggs on top.

FOOD STYLING BY ED GABRIELS FOR HALLEY RESOURCES; PROP STYLING BY LINDA KEIL FOR HALLEY RESOURCES

photograph by **ZACHARY ZAVISLAK**

Commuter Mug Showdown

Insulated travel cups claim to keep coffee hot for hours, but we torture-tested the best to see if they stand up to a rough morning rush. by **JESSE WILL**

Avex Highland Autoseal

Like every mug we tested, this 16-ouncer is made of two layers of vacuum-insulated stainless steel. An oversize locking button is simple to operate, even when you're still a bit groggy, but the mug didn't hold heat — it lost nearly 25 degrees in the first hour. Its top is tricky to clean, too. **avexsport.com $26**

7

Hydro Flask Insulated 18 oz

A grippy powder-coat finish gives this mug a great feel, and a simple cap makes it a breeze to clean. Although the flip top isn't leakproof, we didn't see spillage when we tossed it around. But perhaps due to that cap, the mug's heat retention was middle of the pack. **hydroflask.com $26**

7

Yeti 20 oz Rambler

The Rambler is well suited for car rides, since its large diameter fits most cup holders without tumbling around. Its weak point: An acrylic lid that isn't spillproof rendered it the worst heat retainer in our test. In four hours, coffee that started at 202 degrees dropped to 130. **yeticoolers.com $30**

6

Thermos 16 oz Commuter Bottle

This is a true all-day sipper. It was the best heat retainer in our test, and even after six hours, it kept liquids almost too toasty to drink (165 degrees). But a drop test found fault in its latching system: A shoulder-height fall to concrete caused steaming coffee to spew out. **thermos.com $30**

8

Zojirushi Stainless Mug SM-SA48

Even after 24 hours, this 16-oz mug held our coffee at 100 degrees. Its button latch is the best of the set, snapping open cleanly each time. We found the mug more rugged than it looks: After a one-story-high drop, its end cap blew out, but no coffee leaked. **amazon.com $45**

9

RATED (1 to 10)



Easy Operators
These are all designed to be used with one hand, but we found the Zojirushi easiest to open without looking.

PROP STYLING BY MARIANA VERA FOR HALLEY RESOURCES

photograph by **VICTOR PRADO**

CIGARS INTERNATIONAL

10 CIGARS +HUMIDOR

Only $19.99*

$160 VALUE



Ultimate Humidor Combo #451

If you're on the prowl for the ultimate cigar deal, look no further. Ten premium handmade cigars from Rocky Patel, Gurkha, Carlos Toraño, and many more. That's worth the price of admission alone. But I'm also including a gorgeous desktop humidor. The whole package is worth $160, but it's yours for just $19.99. I'm losing on this one, because I'm confident that after you experience the quality, freshness, and value we deliver, you'll become a customer for life.

FREE
40-CAPACITY DESKTOP HUMIDOR



1-888-244-2790
mention code SA1526

www.CigarsIntl.com/SA1526
You must enter complete web address for special offer

Includes 1 each of: La Perla • Amati • Ramón Bueso • Bahia • 5 Vegas • Mark Twain Arganese • Gurkha • Rocky Patel • Toraño **+ 40-Capacity Desktop Humidor**

**Plus $5.99 s/h. PA residents add 6% tax –taxes on orders shipped outside of PA are the responsibility of the purchaser. Offer available to first-time purchasers. One per customer. Offer expires 8-30-15. From time to time substitutions may occur. Cigars International only sells products to adults who meet legal age requirements to purchase tobacco products. For more information please see www.cigarsinternational.com/ageverify.*

Outsmart the Airport Cart

With Club Glove's TRS Ballistic Luggage



club glove USA

TRS Ballistic

The New Standard in American Made Luggage

THE WORLD'S ONLY SELF-BALANCING LUGGAGE

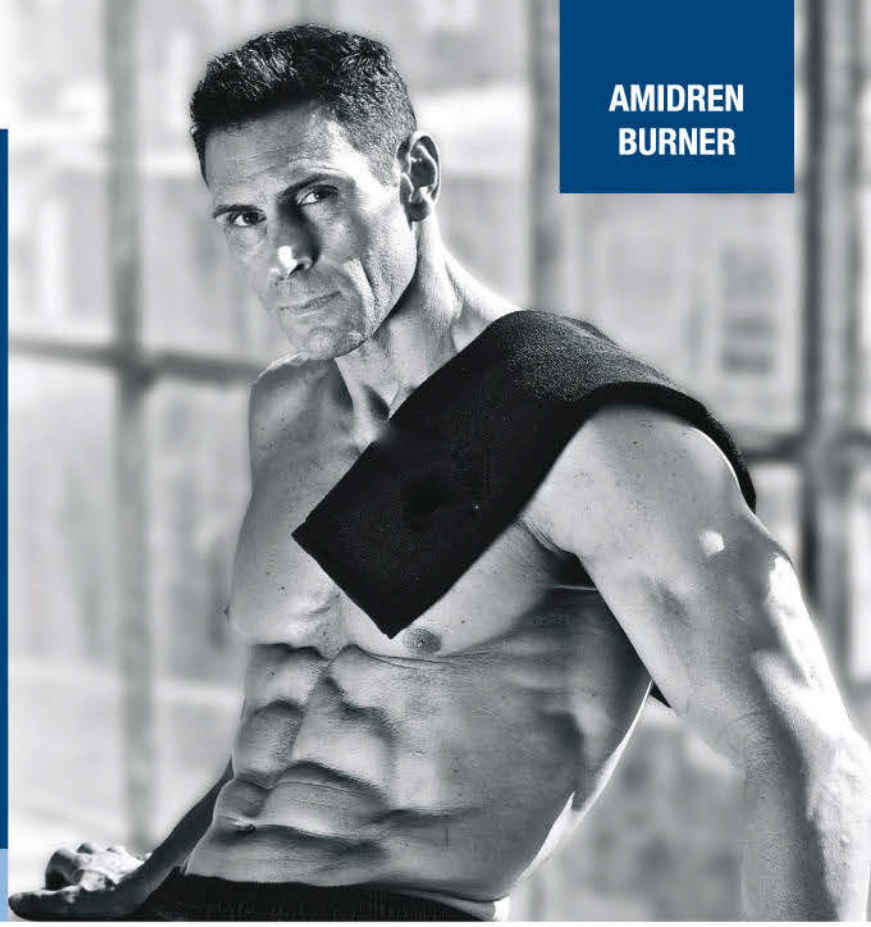
How many times do you want to invest in yet another set of luggage after a vacation or business trip leaves your current bag busted? High quality materials, unrelenting attention to detail and our patented, integrated and self-balancing Train Reaction System makes TRS Ballistic premium luggage the best in the world. Built from the ground up in the United States of America, we're proud to stand behind our product with an optional five year, no questions asked warranty.
Visit us online today to see why TRS Ballistic is the New Standard in American Made Luggage.

TRSBALLISTIC.COM | 714.843.9288 | 800.736.4568

MEN'S HEALTH ALERT

BURN FAT LIKE A 20 YEAR OLD

REJUVENATE YOUR METABOLISM



THE FAT BURNING SOLUTION FOR MEN OVER 40

By Gabriel Wilson, Ph.D.

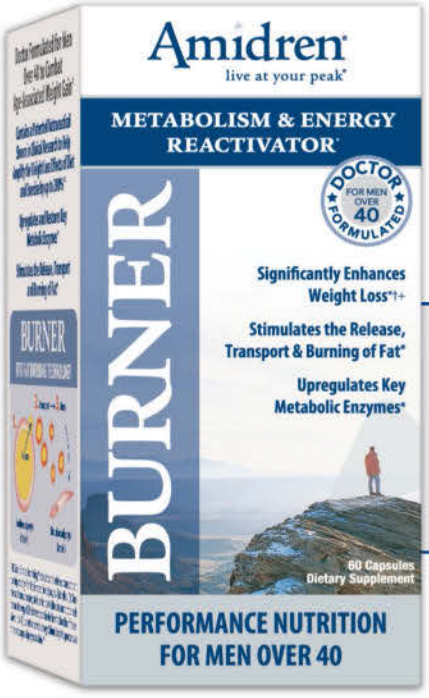
When you were in your 20s, you could probably eat whatever you wanted without worrying about packing on the pounds. Pizza, no problem! Another slice of cake – why not! But now, the dinner you ate last night appears on your waistline the next morning, and every cheat food you eat seems to turn to fat and stick to you like glue. Hard as you may try to diet and exercise, your body just doesn't respond the same as it did in your youth.

As you age, metabolic changes occur that make your body much less efficient at burning fat and more efficient at storing fat. The truth is, you are not alone. Age-associated weight gain affects millions of men after age 40 and some men may even begin to experience it in their 30s.

THE AMIDREN ADVANTAGE: A WEIGHT LOSS SOLUTION FOR MEN OVER 40

If you are over 40 and struggling with weight gain, it's possible you may have already tried fat burners and been disappointed by the results. This is because most fat burners contain nothing more than stimulants, but do nothing to address the specific metabolic changes men experience with age. What makes AMIDREN BURNER unique from all other fat loss formulas is that it is specifically designed to address the needs of men over 40. By the time you hit age 40, your body's ability to release, transport and burn fat is compromised and your natural production of key fat burning enzymes has dropped by as much as 40%, and they continue to fall for the rest of your life. AMIDREN BURNER contains clinical doses of key ingredients shown to replenish these key fat burning enzymes and reactivate the release, transport and burning of adipocytes, also known as fat cells. In fact, three double-blind, placebo-controlled clinical trials have shown that a key ingredient in AMIDREN BURNER can restore natural fat burning substances in the body and amplify the fat loss and weight loss effects of diet and exercise by up to 300%!*

The Sera-Pharma R&D team and its Medical Director, Dr. Vincent Giampapa, M.D., have dedicated years to studying age-associated weight gain in men. Now, you can benefit from all their efforts and research by using AMIDREN BURNER to reactivate your metabolism so you can burn fat like a 20-year-old again.



The driving force behind AMIDREN BURNER is its highly advanced **"release," "transport" and "burn" (RTB) Lipid Kinetics Technology** and array of potent clinically researched ingredients.

- ✔ **Restore Key Fat Burning Enzymes**
- ✔ **Spike the Release, Transport and Burning of Fat**
- ✔ **Amplify Fat Loss by Up to 300%***

AMIDREN BURNER CAN HELP YOU ACHIEVE THESE RESULTS BY REJUVENATING YOUR METABOLISM TO A YOUTHFUL STATE!

*Kalman, et al., *Current Therapeutic Research*, 2000; 61:35-442.

theVitamin Shoppe® every body matters™

1.877.868.7325
Amidren.com

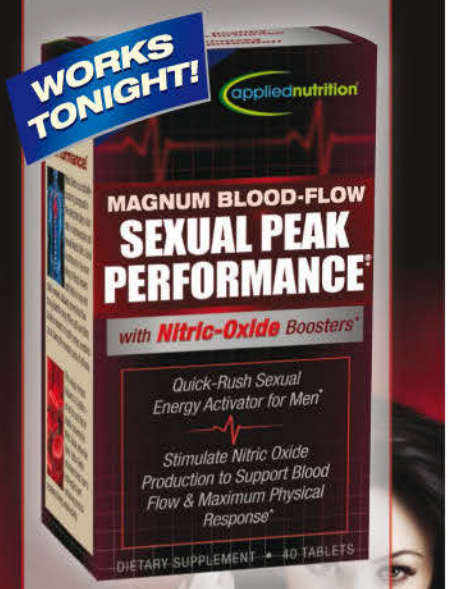
Amidren™ live at your peak™

© 2015 Sera-Pharma Labs. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.


"If Alfred Hitchcock were alive today and writing novels, his name would be Kevin O'Brien."
—Press & Guide on Unspeakable
What secret is worth killing for again and again?
© Marc VonBorstel
NEW YORK TIMES BESTSELLING AUTHOR
KEVIN O'BRIEN
It's time to tell what really happened...
NO ONE NEEDS TO KNOW
ON SALE 7.28.15
/kevinobrienfanpage
KevinOBrien
KENSINGTON PUBLISHING CORP.—America's Independent Publisher
KENSINGTONBOOKS.COM • KEVINOBRIENBOOKS.COM


THICKER FULLER HAIR
ADVANCED THICKENING SOLUTIONS
KEEP IT THICK.
KEEP IT FULL.
KEEP IT REAL.
NEW REVOLUTIONARY
THINNING HAIR TREATMENT WITH
MARINE FLORA COMPLEX
New!
THICKER FULLER HAIR
THINNING HAIR TREATMENT
MARINE FLORA COMPLEX
CLINICALLY SHOWN TO HELP REDUCE THE APPEARANCE OF HAIR LOSS
CELL-U-PLEX
ONCE DAILY APPLICATION
3 MONTH CLINICAL STUDY WITH DAILY USE
80% OF PARTICIPANTS PERCEIVED*:
• THE APPEARANCE OF LESS HAIR LOSS
• STRONGER AND MORE VITAL HAIR
• THICKER, MORE VOLUMINOUS HAIR
THE NATURAL SOLUTION TO THINNING HAIR
Like Us On Facebook
*Results based on marine flora complex consumer questionnaire.
THICKERFULLERHAIR.COM

MAXIMIZE YOUR POTENTIAL



Available for purchase with coupon in fine stores everywhere or online at:
www.appliednutrition.com
Enter Coupon Code: 011902

Walgreens CVS/pharmacy VITAMIN WORLD

MAGNUM BLOOD-FLOW SEXUAL PEAK PERFORMANCE FOR MEN
SAVE $3
EXPIRES 09/30/15 MANUFACTURERS COUPON
Consumer: Redeemable at retail locations only. Not valid for online or mail-order purchases. Retailer: Irwin Naturals will reimburse you for the face value plus 8 (cents) handling provided it is redeemed by a consumer at the time of purchase on the brand specified. Coupons not properly redeemed will be void and held. Reproduction by any party by any means is expressly prohibited. Any other use constitutes fraud. Irwin Naturals reserves the right to deny reimbursement (due to misredemption activity) and/or request proof of purchase for coupon(s) submitted. Mail to: CMS Dept. 10363, Irwin Naturals, 1 Fawcett Drive, Del Rio, TX 78840. Cash value: .001 (cents). Void where taxed or restricted. ONE COUPON PER PURCHASE. Not valid for mail order/websites. Retail only.
0710363-011902
5 10363 26387 0
These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

appliednutrition

LIEV SCHREIBER *continued from page 67*

remembered a dream in three years until last night. That's when he dreamed that he was directing Sacha Baron Cohen in a film.

"It was a Keystone Cops kind of thing," says Schreiber. "There definitely were about 10 guys dressed up as Brownshirts chasing him. I thought it was funny, and he liked it, too."

Schreiber opens his palms as if to suggest the memory vault is now empty.

"And that's all I got."

BACK ON THE ROOF, Schreiber huddles with the *Donovan* senior staff while the shot is set up. It is four months into a six-month shoot and the end of a 60-hour week. Gallows humor has set in. The staff reminisces about an earlier scene, set in a motel in which Ian McShane, who plays Holmes' richer-than-God father, was supposed to have his big moment with Ray, but everything went wrong. The location was a mess, and then a painting fell off the wall in the middle of filming. Schreiber went ballistic, something he regrets. But it wasn't for no reason.

"I feel like Ray kind of quit that day," says Schreiber. He sounds like a man whose best friend betrayed him. "He kind of bailed."

For the next three hours, the crew shoots a short scene in which Holmes parks her car next to Schreiber's and they have a conversation about a deal going down. Then, after reaching an understanding, they kiss. Schreiber has now consented to the make-out session but isn't happy with its execution. They shoot it over and over again, but Schreiber isn't buying it, and it shows in his performance.

"Everyone wants to be Lauren Bacall, the femme fatale with a cigarette," says Schreiber between takes. "But there has to be a base for that first. Then we believe it."

Schreiber and the director talk about cutting a Holmes line or cheating the scene by doing it as a series of cutaways, but then Holmes surprises them. On the seventh or eighth take, she delivers her lines differently, with more crazy-eyed manic energy. After the cameras stop rolling, Schreiber happily trots back over to the video village where the scene is being played back.

"That works! That was like Sean Young. It's a little over-the-top, but Ray is drawn to crazy."

They shoot a half-dozen more takes. Schreiber has recaptured the Ray face he'd shown me earlier, a mixture of a man intoxicated by a woman as he tries to remember that such a dame should make him run for his life. Around 11:30, the production wraps for the night. Schreiber gives Holmes a hug and a pat on the back. The actress disappears with her entourage. Schreiber wanders toward the elevator and, finally, a ride home, where he can look in on his sleeping sons and then collapse. He says one last honest thing.

"Now, I believe it. I'm happy."

THE DEATH OF GOLF *continued from page 78*

sundown. "We have to shorten the courses and change the equipment," Gary Player says. "Your average golfer will have a much better experience if he or she doesn't feel the need to hit a driver off of every tee box."

There is also FootGolf, essentially golf played with a soccer ball, and Big Hole Golf, where the game is played with cups as wide as 15 inches, and, of course, Frisbee golf. The PGA and USGA have introduced Tee It Forward, which encourages players to set their tees well ahead of their normal tees, with the hope that beginner players can finish a round in three hours. "I'd like to play a game that can take place in three hours," Nicklaus told CNN this past January. "And something that isn't going to cost me an arm and a leg."

At every turn, the game is trying to lure younger golfers into the clubhouse. The USGA sponsors Drive, Chip & Putt, a skills program for juniors similar to the NFL's Punt, Pass & Kick, and one of last year's participants, 11-year-old Lucy Li, became the youngest player in history to qualify for the U.S. Women's Open. The First Tee, a partner of the PGA, LPGA, and several major corporations, has focused on introducing golf into schools by donating equipment and providing a golf-friendly curriculum.

Still, the sparse crowd on a Saturday afternoon at the Los Angeles Golf Show definitely skews more Arnold Palmer than Lucy Li. In fact, there's hardly anyone under the age of 50 who isn't manning a booth. There were a few dozen golf courses and country clubs trolling for members: Angeles National, Rio Hondo, the Crossings at Carlsbad, each offering deeply discounted rounds and practically begging me to play at their courses. Their sales managers touted their yardage, conditions — "the only Nicklaus Design golf course in Los Angeles County," a "$44 weekday special including a hot dog and a soda" — and said they believed the golf business was finally rebounding. But I didn't have to press very hard to get them to admit that business was slow. "It's a challenge," says Debora Main, marketing and sales manager of Candlewood. "It's been a tough few years."

Nearly everyone I spoke with at the convention pointed to one company as the potential savior. "Maybe Topgolf is our Tiger," says Callaway's Brewer, which owns just under 20 percent of Topgolf, the company that has devised a simulated version of the game by putting microchips into balls at high-tech driving ranges. Players hit into the target area as a computer screen keeps score based on how accurate the shots are. In between drinking, eating, and listening to the house DJs, they stand on an Astroturf mat and play 20 balls. It's golf's version of bowling. The company was formed in the U.K. but was acquired by a U.S. investment group in 2005. Topgolf has 13 locations in the U.S., and *(continued on page 102)*

HARBOR FREIGHT
QUALITY TOOLS AT RIDICULOUSLY LOW PRICES

FREE
WITH ANY PURCHASE
& 20% OFF

SUPER COUPON
20% OFF
ANY SINGLE ITEM

LIMIT 1 - Save 20% on any one item purchased at our stores, HarborFreight.com or by calling 800-423-2567. *Cannot be used with other discount, coupon, gift cards, Inside Track Club membership, extended service plans or on any of the following: compressors, generators, tool storage or carts, welders, floor jacks, Towable Ride-On Trencher, Saw Mill (Item 61712/62366/67138), Predator Gas Power Items, open box items, in-store event or parking lot sale items. Not valid on prior purchases after 30 days from original purchase date with original receipt. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

66529335

SUPER COUPON
FREE
WITH ANY PURCHASE

PITTSBURGH
$4.99 VALUE

6 PIECE SCREWDRIVER SET
LOT 47770 shown
62570/62583
61313/62728



LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one FREE GIFT coupon per customer per day.

66522968

How Does Harbor Freight Sell GREAT QUALITY Tools at the LOWEST Prices?

We have invested millions of dollars in our own state-of-the-art quality test labs and millions more in our factories, so our tools will go toe-to-toe with the top professional brands. And we can sell them for a fraction of the price because we cut out the middle man and pass the savings on to you. It's just that simple! Come visit one of our 550 Stores Nationwide.

WOW SUPER COUPON
900 PEAK/700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS RECREATIONAL GENERATOR

SAVE OVER $84

LOT 66619/69381/62472
60338 shown

NEW



$95
$119.99
REG. PRICE $179.99

66512483

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

WOW SUPER COUPON
12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE

SAVE $165

NEW

LOT 61776/61969/61970/69684 shown

CHICAGO ELECTRIC POWER TOOLS



$134.99
REG. PRICE $299.99

66497836

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

SUPER COUPON
POWDER-FREE NITRILE GLOVES PACK OF 100

MEDIUM
LOT 68496/61363

LARGE
LOT 68497/61360

SAVE 45%

X-LARGE
LOT 61359
68498 shown

HARDY
• 5 mil. thickness



YOUR CHOICE!
$6.49
REG. PRICE $11.99

66492927

LIMIT 7 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

SUPER COUPON
16 OZ. HAMMERS WITH FIBERGLASS HANDLE

PITTSBURGH

CLAW
LOT 69006
60715/60714
47872

RIP
LOT 47873 shown
69005/61262



SAVE 62%

YOUR CHOICE!
$2.99
REG. PRICE $7.99

66505411

LIMIT 7 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

SUPER COUPON
RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

"The Undisputed King of the Garage" – Four Wheeler Magazine

PITTSBURGH

- 3-1/2 Pumps Lifts Most Vehicles
- Weighs 27 lbs.

SAVE $60



$59.99
REG. PRICE $119.99

LOT 69252
60569/62160
62496/62516
68053 shown

66527287

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

SUPER COUPON
TRIPLE BALL TRAILER HITCH

SAVE 66%

Haul Master



LOT 94141 shown
69874/61320
61913
61914

$19.99
REG. PRICE $59.99

66499470

LIMIT 6 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

SUPER COUPON
2.5 HP, 21 GALLON 125 PSI VERTICAL AIR COMPRESSOR

SAVE $70

CENTRALPNEUMATIC



LOT 67847 shown
61454/61693

$149.99
REG. PRICE $219.99

66501716

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

WOW SUPER COUPON
MOVER'S DOLLY

SAVE 40%

HaulMaster



• 1000 lb. Capacity

LOT 60497
61899/62399
93888 shown

$8.99
$11.99 REG. PRICE $14.99

66493003

LIMIT 8 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

WOW SUPER COUPON
1650 PSI PRESSURE WASHER

PACIFIC HYDROSTAR.

SAVE OVER $49



• 1.3 GPM

$80
$99.99 REG. PRICE $129.99

66519972

LIMIT 5 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 10/19/15. Limit one coupon per customer per day.

- 100% Satisfaction Guaranteed
- Over 25 Million Satisfied Customers
- No Hassle Return Policy
- Lifetime Warranty On All Hand Tools

- 550 Stores Nationwide
- HarborFreight.com 800-423-2567

THE DEATH OF GOLF *continued from page 100*

will have 20 by the end of the year and as many as 50 by the end of 2017, including a 105,000-square-foot facility adjacent to the MGM Grand in Las Vegas. It's golf as karaoke, with crowds of young people sitting in hitting bays and partying between taking their hacks. And the company is booming, with revenue far exceeding $100 million this year. Most important for the golf industry, 54 percent of its 4 million visitors last year were between the ages of 18 and 34.

"We're not in the golf business, or, OK, we are, but we're really in the hospitality business," says Ken May, 54, the Topgolf CEO. He was the chief executive who presided over the merger of FedEx and Kinko's and joined Topgolf in 2013. "I opened 500 FedEx Kinko's. I know how to open a lot of boxes," he says, "and that's what we're doing here."

May has a compact, even swing. He lines up a 7-iron on the second deck of a Topgolf facility in The Colony, Texas, takes a short backswing, scoops the ball nicely, and pops it out to about 150 yards. A score comes up on the screen behind him, giving him four points and informing him that his next shot is worth double. There are nine games golfers can play at Topgolf, which has targets spread all around the range. So that even though I top my first shot, it skitters along the turf and into a target I hadn't even been aiming for, and I, too, pick up a few points.

"See," says May. "You get some points!"

May, who worked his way through Memphis State unloading boxes for UPS, was a casual golfer before he came to Topgolf. But that's fine, he says, because he sees himself as being in the fun business, not the golf business. The first requirement for every aspiring Topgolf associate who shows up for a group interview is to get up and dance. "We want people who are outgoing, guest-focused. A lot of people wash themselves out of the process, because on a break, they're checking their phones instead of socializing."

The atmosphere on a typical Friday or Saturday night is more nightclub than country club, albeit with some of the fattiest, heaviest food this side of a Cheesecake Factory. While a DJ spins on a lounge level, golfers chow down on Mushi (Mexican sushi), Mac Daddy Burgers (hamburgers with macaroni and cheese piled on top), and Injectable Donut Holes, all while ordering cocktails from an attendant assigned to their hitting bay. The formula is working, with four-hour waits for hitting bays — the patrons killing time at a fully stocked sports bar with dozens of screens. So the golf is pretty much pure profit.

It's the opposite of a stuffy country club or even a posh public course, where arranging a tee time, or even finding the starter's window, can be intimidating for a novice golfer. On a recent Monday night, I watched a pair of 16-year-olds, an African-American male and his white date, walk into the Colony location and start hitting. When I asked the girl about the experience, she said it was the first time she had ever hit a golf ball. But based on how fun the whole experience was — the food, the games, DJ Snake and Lil John's "Turn Down for What" blaring on the PA — she thought they would be back.

I went back to my hitting bay, waved my 5-iron in front of a sensor, and a microchipped ball already tagged with my name for scoring purposes came rolling down the ramp. I was hitting 'em OK, fading a little but making 200 or so yards, scoring 75 after 20 balls. (I have no idea if that's a good score or not.) At one point a guy in khaki pants interrupted me during my backswing to tell me I was picking at the ball instead of scooping. Jeff Johnston was a PGA professional who offered a half-dozen little tweaks and pointers for my swing — unwanted advice, in other words, after which my game completely fell apart, just like it would have on a real course.

A WEEK AFTER THE GOLF SHOW, my daughter, Esmee, and I drove to a local course to cash in one of my vouchers. Esmee hadn't had a great season on her team, becoming progressively demoralized as the season went on. I understood why: Golf is a difficult, humbling game. Our nine-hole round that afternoon was the classic good walk spoiled: lovely sun, cooling breeze, shimmering eucalyptus trees, and poorly hit balls zigzagging back and forth across the fairway. Our pace annoyed those behind us, so we let a foursome play through. I could see my daughter's frustration mount as she bent over her balls, swung down, popped her head, topped her shots, and it was all she could do to resist stomping from the course and never playing again.

Somehow I resisted the temptation to tamper with her swing, forgoing urgings not to bend her left arm or to open her clubhead. Occasionally I urged her to keep her head down, to follow through, but mostly I just watched and waited as she struggled through a miserable round.

On the seventh hole, a straight par 4 up a little hill and then an elbow to the right, Esmee botched her 2-iron off the tee, sending the ball skittering up the fairway. But her second shot, a 3-iron from the rough just left of the fairway, was magnificent, her swing a rightward path from three till nine that followed through, the contact a satisfying thwack, and the ball soaring some 200 yards, coming to rest just shy of the green. She stood for a moment watching it, and then she looked at me and smiled.

I knew she would remember that one good shot for the rest of her life. MJ

Dear Alarm Company,

I am breaking up with you.

I got your alarm system to protect my family. But I am sick and tired of being trapped in your contract — forced to pay $45 a month with no way to cancel. Well guess what? Today, my contract is up.

I'm leaving you for SimpliSafe Home Security. It's $15 a month for the same (if not better) 24/7 protection. And there's no stinkin' contract to lock me in. Ever. It's just a better way to protect my home.

Sincerely, Phil

P.S. Tell your pushy salesmen not to call. I'll only trust SimpliSafe.

Try the system CNET calls "Better, Smarter Home Security."
Get 10% Off at SimpliSafe.com/Mens

SimpliSafe

SHOP & TRAVEL



RALLY RACING EXPERIENCE -
The RallyPro Performance Driving School at the Florida International Rally & Motorsport Park will teach you how to drive a real rally car on gravel, dirt and pavement. Our driving instructors have raced internationally and will teach you how to master 4-wheel drifts, power slides and hand brake turns. Our classes start at $1,295 and no prior racing experience is required. **Call 352-473-2999 or visit www.gorally.com/mj** today to receive a special 10% Men's Journal Discount on your rally racing class.



ALL INCLUSIVE 1 TO 7 DAY TRIPS!!
The Wide Open experience pushes the envelope of an adventure based tour. Much more than a racing school or low-speed guided tour, our open wheel vehicles provide you with the performance and the safety of a modern day desert racer, yet are comfortable enough for anyone to drive. Our seasoned guides lead you through the entire journey. For more information: **1-888-788-2252 or 1-949-635-2292 / www.wideopenbaja.com**



MONEY CLAMP® WORLD'S ONLY MONEY CLIP THAT REALLY WORKS™

Use Coupon Code: MJ15 for a 15% discount
www.moneyclamp.com
877/216-3072



GERMAN PILOTS

Official supplier to the Luftwaffe, Laco has been building high quality watches in Germany since 1925. We offer several models and prices from only $249. Log on & visit our gallery of cool and affordable "timepieces with a tale."
949-632-1145
TimeQuestWatches.com



PICTURE YOURSELF RIDING IN LEGENDARY BAJA MEXICO with 2010 Off-Road Motorsports Hall of Fame Inductee, 14 time Baja 1000 winner and the original trail boss; Chris Haines. Celebrating 28 years as the leader in the industry and most respected off-road specialist, Chris and his expert guides navigate you safely through diverse terrain. All-inclusive tours offering training, private and corporate packages. Call today to begin your, "Adventure of a Lifetime". **866-262-8635. www.chrishaines.com Email: tours@chrishaines.com**



BOXERS OR BRIEFS

We give new meaning to that phrase. Our boxers and our briefs are like none you've seen before. More choices than you could ever imagine. Now you have a secret a sexy one. Be sexy be sporty with Boxers, Bikinis, Briefs, Thongs, Jockstraps, Boxer Briefs. Sheer, Semi Sheer, Patterns Colors, Mild to Wild. Discrete Shipping
www.man-undercover.com



SUKI™ LEATHER BRACELETS AND NECKLACES

Handsome braided leather available in many styles and sizes. Lightweight alloy clasps with ultra-strong magnets. Sterling silver necklace beads. $35 to $65. Made in USA.
www.suki-usa.com
831-899-1398



TIMELESS ELEGANCE

is captured in the unmatched elegance of 18K rose gold. (5 micron rose gold plate) German engineered and mated to a high quality ultra thin Swiss quartz movement. The Zeppelin ultra flat measuring only a wafer thin 7mm, takes what you can expect from $249 to a new level.
TimeQuest We deliver the unexpected, time after time.
www.TimeQuestWatches.com
(949) 632-1145



TESTOSTERONE AND GROWTH HORMONE

Now with Lypoject syringes.
No needles
No pain
No Doctor Needed
Legal and safe
www.generictestosterone.com

DiscountedLabs .com

DISCOUNTEDLABS.COM

Know Your Health with Low Cost Blood Tests
No Prescription Needed. Most U.S. cities.
No hidden costs. We help you interpret results. Popular tests: Testosterone, estradiol, thyroid function and much more.
5 % discount code on entire order (one time only): MJreader
www.discountedlabs.com



8 STRAND ION LEATHER BRACELETS

NEW stylish Negative Ion leather bracelet with stainless steel magnetic clasp manufactured with soft superior 8 strand braided leather.
$45 + FREE SHIPPING
800-255-8717
www.ionloop.com

GEAR ESSENTIALS



SLIM PROFILE WITH UNCOMPROMISING PERFORMANCE

The thinnest and lightest gaming notebook ever designed by MSI, the GS60 Ghost is the go-to system for anyone seeking the perfect balance in mobility and performance.

Find out more at: event.msicomputer.com/ws60mj



THE PERFECT GIFT–MONEY CLAMP®

The engraveable Munich Gunmetal, featuring our proprietary MemoryFlex™ technology and a convenient bottle opener.Shipped with a leather CongoCroc wallet -- $99.95. Holds 10 credit cards/ 20 bills. Other models start at $17.95.Use MJ10 for a 10% discount.

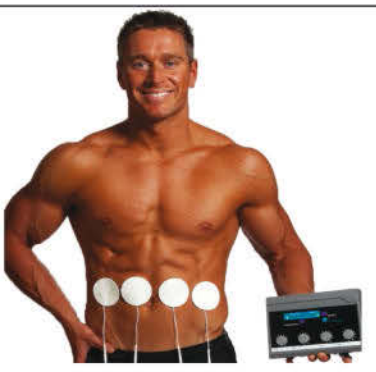
moneyclamp.com
877/216-3072



WAHOO TICKR X WORKOUT TRACKER

The Wahoo TICKR X measures your motion and intensity to make the most of your workout. Combine with the 7 Minute Workout app by Wahoo to count your reps for a fast, effective workout.

wahoofitness.com/MJ



STRENGTHEN AND TONE ANY MUSCLE!!

Get visible results in 7-10 days with commercial quality EMS and TENS for pain. Only 30 min. per day to help Shred Muscle, Tighten Abs and make incredible gains in strength. Use the TENS feature to eliminate Pain. 60-day money back guarantee, Lifetime Warranty, and Military, Police and Fire discount. All units include a Free Direct Connect Ab Belt. Don't be fooled by the toys on TV! See why Bruce Lee used our units @ www.StimRx.com See Video demos or Call today

800.573.8171
www.StimRx.com



BUILD GRIP STRENGTH AND ENDURANCE

Grip Pro Trainer very effectively increases finger-hand-forearm strength. It has a natural feel and is easy to use almost anytime/ anywhere. It eliminates the uneven workout of spring exercisers & is more dynamic than grip balls. Available in 3 levels of difficulty: 30lbs, 40lbs & 50lbs of resistance. $7.95 each or try all 3 for $19.95.

www.gripprotrainer.com
1-866-574-GRIP



THE SWEATBAND THAT NEVER SATURATES™

DON'T SETTLE FOR SOGGY SWEATBANDS. FABRIC FAILS.
REDIRECT THE SWEAT. GET 15% OFF WITH CODE: **MJ15**

WWW.SWEATGUTR.COM \ 800-279-3793

Athena Pheromone 10X™ for Men





INCREASES AFFECTION FROM WOMEN

Boost your attractiveness with biologist Winnifred Cutler's trade secret formula. Scientifically proven to work for 74%. "This 10X stuff is like catnip! Too many women come after me." Larry (NY). Featured on ABC's 20/20. 4-6 mo. supply $99.50. Cosmetic. Athena Institute, 1211 Braefield Rd, Dept MJ, Chester Spgs, PA 19425

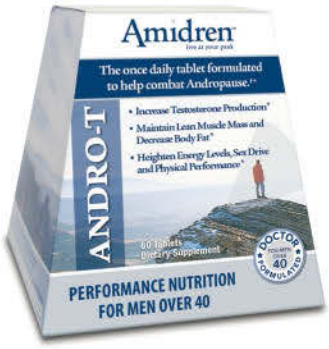
Athenainstitute.com
(610) 827-2200



WASH AND WORK STAND

Sport Mechanic

www.feedbacksports.com



IMPROVE MALE PERFORMANCE

Amidren Andro-T is a complete male hormone formula that helps increase testosterone and restore optimal hormonal balance in men over 40. Don't let the passing years slow you down! Whether you're in the gym or with your partner, Andro-T can help improve male performance.

Amidren.com
877-868-PEAK





PSORIASIS SUFFERER?

- Dermasolve Cream
- Provides relief from Psoriasis and severe dry skin without leaving red blotchy patches.
- Dermasolve Shampoo
- Stops intense scalp itch and relieves dandruff and flaking problems.

MJ readers save 10% on your order with promo code: mj513

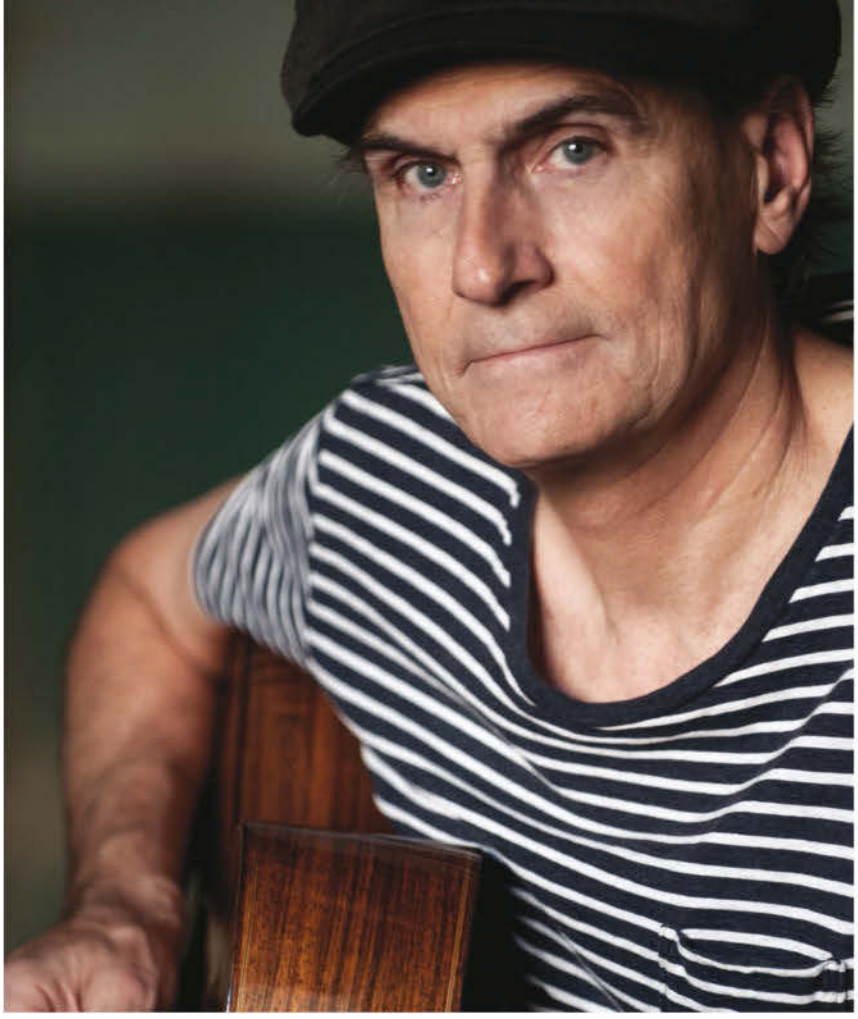
www.DermaSolve.com
1-888-528-3647



*YOU MOST LIKELY WON'T KNOW YOUR GREAT, GREAT GRANDSON. WITH THIS, HOWEVER, YOUR GREAT, GREAT GRANDSON WILL KNOW YOU.

Bespoke monogram rings in gold and platinum.
Free resize and 30-day guarantee.
Three-day production available.

www.john-christian.com
888-646-6466



The Last Word

James Taylor

The mellow rock legend on addiction, the wisdom of the public, and the night in Rio that changed his life.

What is the most important life lesson you've learned?
A big part of my story is that since 1983 I've been in recovery from addiction. When I was 35, I stopped everything at once — smoking, drinking, and I kicked narcotics. I had never been particularly athletic, but I found that only by doing strenuous exercise could I get some relief from the agitation and anxiety that goes with withdrawal. So I just switched addictions to something that was healthier.

What advice would you give the younger you?
I would tell myself, "Avoid a major drug habit, don't take on debt, and don't start a family before you're ready to be a parent." Also, I tend to advise young people that if they want to be free, they have to be able to tolerate loneliness to a certain extent.

How does a man find his calling?
In the mid-Sixties I basically came off the rails and was institutionalized. I ended up so low, so rudderless, that I just totally gave up thinking about the future. I had no expectations, and that set me free to pursue being a musician. It only happened because everything else collapsed. It was a rough passage, but surviving that was liberating. Anyone's expectations of me were unplugged. I really had an officially stamped pass.

How do you respond to critics?
If you see your name in print, put it down immediately and walk away. I'm not sure, but I think it was Katharine Hepburn who said of reviews, "When they're bad, they're devastating; when they're good, they're never quite good enough." Ultimately what it comes down to is whether I have an audience, whether people show up, buy a ticket to watch me perform. That's the judgment that's important.

What journey changed your life?
In 1985, I went down to Rio de Janeiro for Rock in Rio. It just so happened that I was there when the Brazilian parliament elected a civilian president for the first time in 20 years. They had been living under the rule of this military junta. So two things happened: One, I stepped out in front of 300,000 people, and they knew my music, which was just an amazing affirmation. Two, after the gig, a Brazilian singer took me to this big celebration where people were performing — some of them had been in exile or jail, and many had been unable to perform because of the junta. It was an incredible night.

How should a person handle regret?
Try to go forward instead of backward. You go through your life and try to think, "OK, what things are paralyzing me with shame and regret?" and if you can't make them right, then at least make the attempt. That's the best that you can do. If I wasn't forgiven, at least I let them know that I'm aware of what an asshole I've been.

What do you think your legacy is?
There's this thing in Japan called Living National Treasures — people who practice traditional arts or crafts, like monochromatic brush painting or making a certain kind of pottery, carrying on a tradition and furthering it into the next generation. It's a selfless kind of expression because you're working in a form that you didn't create. It allows you to evolve, to internalize your craft. That's a nice model for me. There is no end. It's something that evolves as you continue to do it. I feel as though I have these themes I keep coming back to. Spiritual themes, themes about expressing love, themes about longing for home, longing to be out in the world and yet wanting to retreat from it. This latest batch is just the next installment of the thing that I've been working at for a long time.

—INTERVIEW BY SEAN WOODS

James Taylor just released his 17th album, *Before This World,* and is currently touring North America.

JAMES O'MARA

MEN'S JOURNAL (ISSN 1063-4651) is published monthly (except for the January and July issues, when two issues are combined and published as double issues) by Men's Journal LLC, 1290 Avenue of the Americas, New York, NY 10104-0298. The entire contents of MEN'S JOURNAL® are copyright ©2015 by Men's Journal LLC, and may not be reproduced in any manner, either whole or in part, without written permission. All rights are reserved. Canadian Goods and Service Tax Registration No. R134022888. The subscription price is $19.94 for one year. The Canadian subscription price is $23.97 for one year including GST, payable in advance. CANADIAN POSTMASTER: Send address changes and returns to P.O. Box 63, Malton CFC, Mississauga, ONT L4T 3B5. The foreign subscription price is $23.97 for one year, payable in advance. Periodicals postage paid at New York, New York, and additional mailing offices. Canada Post Publication Agreement No. 40683192. POSTMASTER: Send address changes to MEN'S JOURNAL Customer Service, P.O. Box 62230, Tampa, FL 33662-2230.


YOU MIGHT NOT NEED IT.
BUT CAN YOU LIVE WITHOUT IT?
zoom-zoom
2016 MAZDA MX-5 MIATA | DRIVING MATTERS™
mazda

Leinenkugel's®

SUMMER SHANDY®

Join Us Out Here.



THE SHANDY THAT STARTED IT ALL.

WHEN THE SUN'S BEATING DOWN, OUR LEINENKUGEL'S® SUMMER SHANDY® TASTES EVEN MORE CRISP AND REFRESHING.

IT'S PERFECT FOR SUMMER, SO PICK ONE UP AND JOIN US OUT HERE®.





JOIN US AT LEINIE.COM + FOLLOW US ON

©2015 Jacob Leinenkugel Brewing Co., Chippewa Falls, WI * Beer

LEINIE LODGE

BEAR IN MIND